

HOW TO PREP SALADS FOR THE WHOLE WEEK

The key to keeping your lunch routine fresh is to change it up. Use this chart to pick ingredients for a week's worth of salads—use the layering ideas, or mix and match your favorites. Add all the layers, or just some of them—it's up to you! Start with the heavy ingredients and veggies with high water content at the bottom and work your way up.

PICK YOUR SALAD

DRESSING

For each salad:
2 tbsp
For the week:
1 cup

SPINACH



Creamy Poppy Seed

MEDITERRANEAN



Italian Vinaigrette

CAESAR



Caesar

SOUTHWEST



Ranch

ASIAN



Asian Vinaigrette

TOPPINGS

For each salad:
2–4 tbsp
For the week:
2/3 cups



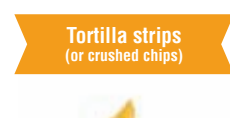
Granola



Nuts or seeds
(pine nuts, almonds, walnuts...)



Croutons



Tortilla strips
(or crushed chips)



Chow mein noodles



Dried fruit
(cranberries, cherries...)



Sliced olives
(Kalamata, black, green...)



Cheese
(Parmesan, blue, feta, cheddar...)



Real bacon bits



Fresh herbs
(cilantro, basil, parsley...)

PROTEIN

For each salad:
3 oz cooked
For the week:
15 oz cooked



Turkey



Fish
(salmon, tuna, shrimp...)



Hard-boiled eggs



Chicken



Tofu

GREENS

For each salad:
1 1/2 cups
For the week:
8 cups



Spinach



Kale



Romaine



Arugula



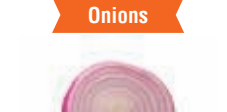
Cabbage
(red, Napa...)

DELICATE VEGGIES

For each salad:
1/2–1 cups total
(delicate and hearty &
juicy veggies combined)
For the week:
2 1/2–5 cups



Berries



Onions



Grilled asparagus



Avocado



Carrots

HEARTY & JUICY VEGGIES

Tip: Put veggies with high water content near the bottom of your jar to keep greens and toppings from getting soggy.



Beets



Cucumber



Broccoli or cauliflower



Tomatoes



Bell pepper

GRAINS & BEANS

For each salad:
1/4–1/2 cup
For the week:
1 1/4–2 1/2 cups



Quinoa



Chickpeas



Pasta or couscous



Black beans



Shelled edamame