

## How To Build A Scrumptious Salad

### **Base:**

Spinach  
Romaine  
Bibb  
Mixed Greens  
Napa Cabbage  
Arugula  
Dandelion Greens  
Radicchio

### **Protein:**

Chicken  
Beef  
Shrimp  
Fish  
Tuna  
Egg

### **Add Ins:**

Avocado  
Carrots  
Celery  
Artichokes  
Celery  
Olives  
Mushrooms  
Beets  
Broccoli  
Leeks  
Onions  
Peppers  
Tomato  
Radish  
Squash

Cucumber  
Bok Choy  
Bamboo Shoots

**More Add Ins:**

Apples  
Blueberries  
Blackberries  
Cherries  
Pears  
Apricots  
Cranberries  
Kiwi  
Peaches  
Raspberries  
Grapefruit  
Grapes  
Oranges  
Pineapple  
Raisins  
Strawberries  
Pumpkin seeds  
Walnuts  
Pecans  
Macadamia  
Almonds  
Sesame seeds  
Pistachios  
Sunflower seeds  
Cashews

