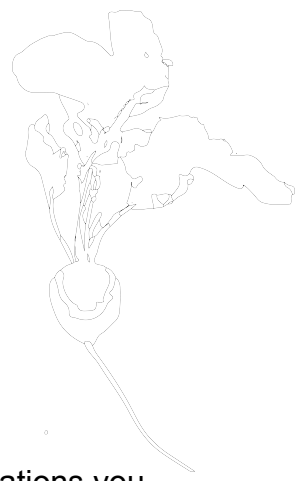


# Salad Builder



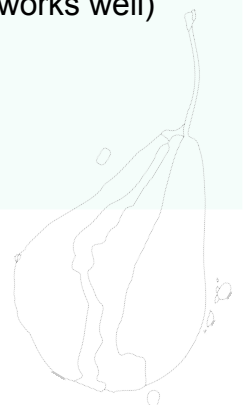
Variety is the key to making sure salads aren't boring, so mix and match with combinations you may not have tried before! A good balance of protein and carbohydrates helps keep you full for longer and make sure you have something in there that adds a bit of flavour.

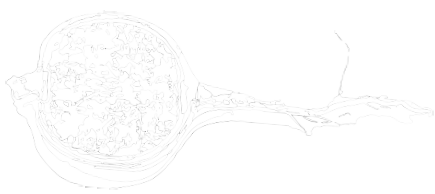
## *Choose a Protein...*

- 1 small tin salmon, tuna or sardines (choose ones with bones for extra calcium)
- 65g leftover cooked lean meat (90-100g raw weight) eg. beef, kangaroo, pork, lamb
- 80g leftover cooked chicken or turkey (100g raw weight) eg. breast, tenderloins, skinless thigh fillets
- 100g lean ham (no more than once per week)
- 100g fresh fish (115g raw weight) eg. salmon,
- 100g seafood eg. prawns, scallops, mussels, octopus
- 1 cup (150g) cooked or canned legumes eg. lentils, chickpeas, kidney beans, 4-bean mix, cannellini beans, broad beans, black beans
- 170g tofu or tempeh
- 30g nuts eg. walnuts, almonds, hazelnuts, brazil nuts
- 30g seeds eg. sunflower seeds, pumpkin seeds, sesame seeds
- 2 large (120g) boiled eggs

## *... Choose a Carbohydrate...*

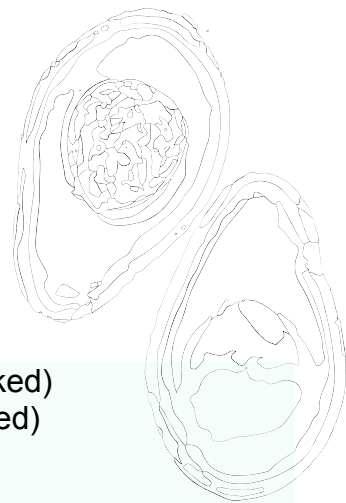
- 1 small piece multigrain bread (eg. Burgen) or a small multigrain bread roll (on the side)
- 1 small tin corn
- 1 small tin legumes (eg. lentils, chickpeas, kidney beans, 4-bean mix, cannellini beans, broad beans, black beans)
- 1/2 cup fruit (eg. apple, watermelon, grapes, pear, strawberries, mango, nectarine, blueberries, rockmelon, figs, orange, grapefruit)
- 1/3 cup leftover cooked basmati or brown rice
- 1/2 cup leftover cooked wholemeal or pulse pasta (eg. penne, risoni or spiral works well)
- 1 small leftover potato
- 1/2 cup leftover roast sweet potato
- Crackers (on the side) eg. 4 corn thins or 4 vitawheats or 2 ryvitas
- 1/2 cup cooked vermicelli noodles
- 1/2 cup cooked quinoa, teff or barley





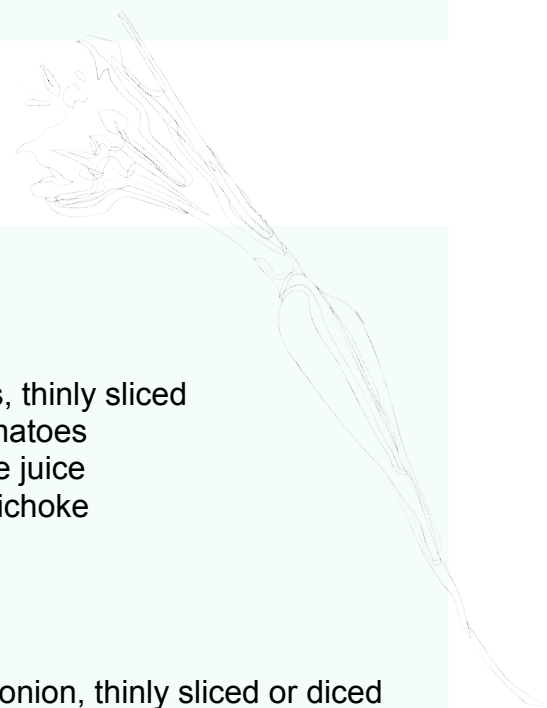
## *...Load up on Vegetables...*

- Alfalfa
- Asparagus (blanched or grilled)
- Bean sprouts
- Beetroot (tinned, fresh grated or roasted)
- Broccoli (raw or blanched)
- Cabbage (normal or purple, thinly sliced)
- Carrot (try different colours, roasted, grated, spiralled or chopped)
- Cauliflower (roasted)
- Capsicum (red, green, fresh or roasted)
- Celery
- Cucumber
- Eggplant (roasted)
- Fennel (roasted or thinly sliced, fresh leaf)
- Green beans (fresh or blanched)
- Lettuce (eg. cos, iceberg, fancy)
- Mushrooms (raw or cooked)
- Peas (defrosted or cooked)
- Pumpkin (roasted)
- Parsnip (roasted)
- Radicchio
- Radish (thinly sliced)
- Rocket
- Snow peas (raw or blanched)
- Tomato (try different types eg. yellow, green, cherry)
- Watercress
- Witlof
- Wombok (thinly sliced)
- Zucchini (raw grated, spiralled or roast)



## *...And add a little bit of Flavour!*

- Apple cider vinegar
- Avocado
- Balsamic vinegar
- Blue cheese
- Capers
- Cottage cheese
- Cheddar cheese
- Chili
- Dried fruit (eg. cranberries, apricots, sultanas, currants, dates)
- Extra virgin olive oil
- Feta cheese
- Fresh herbs eg. parsley, chives, basil, mint, coriander
- Jalapeños
- Hummus
- Nuts & seeds
- Sauerkraut
- Spring onions, thinly sliced
- Sun-dried tomatoes
- Lemon or lime juice
- Marinated artichoke
- Olives
- Parmesan
- Pine nuts
- Pesto
- Red or salad onion, thinly sliced or diced
- Tzatziki



## *Some Different combination ideas:*

- Roast beetroot, rocket, feta and walnut with chicken
- Avocado, mango, chicken breast, pumpkin seeds, baby spinach and fresh snow peas
- Thinly sliced beef, roast sweet potato & parsnip, baby spinach and blanched asparagus
- Salmon fillet, alfalfa, tomatoes, cucumber, capsicum, brown rice and spring onions
- Grilled pork with lettuce, apple, cucumber, fresh green beans

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