

WORLD'S BEST SALAD

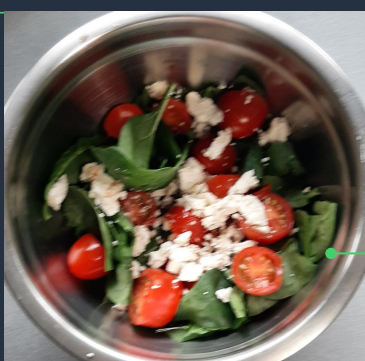
Add your greens.
Darker greens tend
to have more
nutrient value.



Add tomatoes
or other juicy
vegetables.



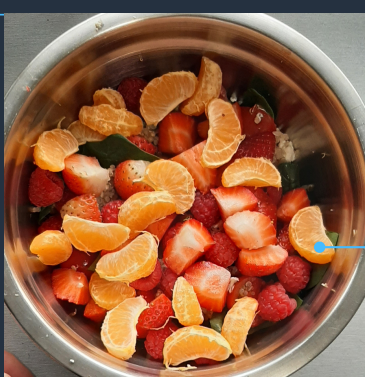
Add
crumbled
cheese like
goat or feta.



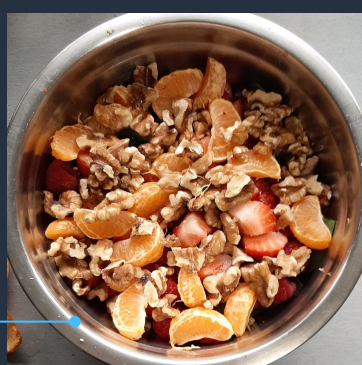
Add whole
grains. I used
buckwheat and
quinoa.



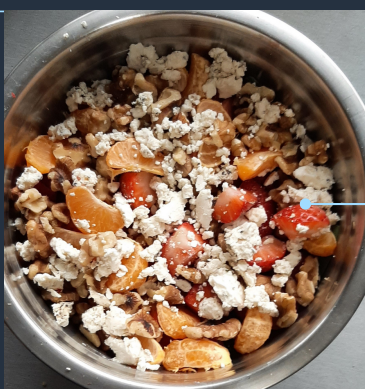
Add fruit. I
used
raspberries,
strawberries
and
mandarins.



Add nuts. I used
walnuts



Add more
cheese.



Avocado oil and
balsamic vinegar
for dressing, or
whatever type of
oil you prefer.



Other awesome ingredients: shredded chicken, hemp hearts, sunflower seeds, raisins, apples, cottage cheese, chick peas or black beans.