



Summer Salads Collection

Created by Little Bird Wellness



Charred Corn & Tomato Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. Heat a cast-iron skillet over medium heat. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove and let it cool before slicing the kernels off the cob. Season with salt and pepper and transfer to a large bowl.
2. In a small jar, combine the oil, vinegar, salt, and pepper and shake to combine.
3. Add the tomatoes and red onion to the bowl with the corn. Add the dressing and toss to combine. Top with parmesan cheese and basil. Season if needed and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups.

Make it Vegan

Omit the parmesan or use a plant-based version.

Ingredients

3 ears Corn on the Cob (husk removed)

Sea Salt & Black Pepper (to taste)

3 tbsps Extra Virgin Olive Oil

1 1/2 tbsps Red Wine Vinegar

3 cups Cherry Tomatoes (halved)

1/4 cup Red Onion (thinly sliced)

1/4 cup Parmigiano Reggiano (shaved)

1/3 cup Basil Leaves (chopped)

Nutrition

Amount per serving

Calories	211	Sodium	52mg
Fat	13g	Vitamin A	1167IU
Carbs	20g	Vitamin C	19mg
Fiber	2g	Calcium	95mg
Sugar	7g	Iron	1mg
Protein	6g	Vitamin D	0IU
Cholesterol	6mg	Vitamin E	2mg

Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette

10 ingredients · 30 minutes · 4 servings



Directions

1. Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
2. Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
3. Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

Notes

Meat Lover

Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

Short on Time

Add the cherries to the salad raw and skip step 2.

Vegan

Skip the goat cheese.

Ingredients

- 2 **tbps** Balsamic Vinegar
- 1/3 **cup** Extra Virgin Olive Oil
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 2 **cups** Cherries (pitted and halved)
- 4 **cups** Baby Spinach
- 1 **cup** Blueberries
- 1/3 **cup** Goat Cheese (crumbled)
- 1 **cup** Green Lentils (cooked, drained and rinsed)
- 1/2 **cup** Pecans (toasted)

Nutrition

Amount per serving

Calories	399	Sodium	218mg
Fat	28g	Vitamin A	2894IU
Carbs	32g	Vitamin C	18mg
Fiber	8g	Calcium	70mg
Sugar	17g	Iron	3mg
Protein	9g	Vitamin D	0IU
Cholesterol	3mg	Vitamin E	4mg

Zucchini & Tuna Pasta Salad

7 ingredients · 15 minutes · 2 servings



Directions

1. Cook the pasta according to the package directions. Drain, rinse well, and set aside to cool.
2. Combine all of the ingredients including the cooked and cooled pasta in a serving bowl and mix to coat.
3. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for four days.

Serving Size

One serving is about 1 1/2 cups of pasta salad.

More Flavor

Add crumbled feta, goat cheese, nuts, sun dried tomatoes, and/or fresh herbs like chives, basil, and parsley.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 1/2 cup Macaroni (dry)
- 1 Zucchini (small, diced)
- 2 stalks Green Onion (chopped)
- 1/4 cup Black Olives (pitted, chopped)
- 1/2 tsp Oregano (dried)
- 1 can Tuna (drained, crumbled)
- 2 tbsps Balsamic Vinaigrette

Nutrition

Amount per serving

Calories	254	Sodium	408mg
Fat	9g	Vitamin A	783IU
Carbs	24g	Vitamin C	19mg
Fiber	2g	Calcium	60mg
Sugar	5g	Iron	4mg
Protein	21g	Vitamin D	39IU
Cholesterol	30mg	Vitamin E	1mg

Grilled Watermelon & Honeydew Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. Place the honeydew and watermelon in a large baking dish or on a baking sheet. Drizzle the oil on all sides and sprinkle with salt.
2. Heat the grill to medium-high heat. Place the honeydew and watermelon directly on the grill and char for three minutes per side, until charred. Remove and place back on the tray or baking dish. Let cool.
3. Once cooled, chop the melon wedges into chunks and place in a large salad bowl. Drizzle with balsamic vinegar and top with mint, basil, and pumpkin seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 1 1/2 cups salad.

Additional Toppings

Top with feta cheese.

Ingredients

1/2 Honeydew Melon (medium, peeled, seeds removed, cut into wedges)

1/4 Seedless Watermelon (medium, cut into wedges)

1 1/2 tbsps Extra Virgin Olive Oil

1/4 tsp Sea Salt

1 1/2 tsps Balsamic Vinegar

1/3 cup Mint Leaves (torn)

1/3 cup Basil Leaves (torn)

1/3 cup Pumpkin Seeds (toasted)

Nutrition

Amount per serving

Calories	239	Sodium	175mg
Fat	11g	Vitamin A	1948IU
Carbs	35g	Vitamin C	47mg
Fiber	3g	Calcium	44mg
Sugar	28g	Iron	2mg
Protein	6g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	1mg

Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

11 ingredients · 15 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
2. Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
3. In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

Notes

Dairy-Free

Skip the feta.

Nut-Free

Use sunflower seeds instead of slivered almonds.

No Lentils

Use chickpeas or beans instead.

Storage

Stores well in the fridge up to 3 days.

Ingredients

6 cups Asparagus (trimmed and sliced in half lengthwise)

3 tbsps Balsamic Vinegar

2 tbsps Extra Virgin Olive Oil

1 tbsp Dijon Mustard

1 tbsp Maple Syrup

1 Garlic (clove, minced)

Sea Salt & Black Pepper (to taste)

1 Cucumber (large, diced)

2 cups Lentils (cooked, drained and rinsed)

1/2 cup Slivered Almonds (toasted)

1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	409	Sodium	266mg
Fat	20g	Vitamin A	1686IU
Carbs	40g	Vitamin C	15mg
Fiber	14g	Calcium	226mg
Sugar	13g	Iron	9mg
Protein	21g	Vitamin D	3IU
Cholesterol	17mg	Vitamin E	3mg

Peach Mint Caprese Salad

7 ingredients · 15 minutes · 2 servings



Directions

1. In a small saucepan over high heat, stir balsamic vinegar and maple syrup and bring to a boil. Reduce heat and simmer until mixture is thick, about 15 minutes.
2. Meanwhile, divide spinach onto plates and arrange alternate slices of peach and mozzarella. Drizzle balsamic vinegar reduction overtop and sprinkle with crushed almonds and mint. Enjoy immediately.

Notes

Slicing Mozzarella

Use a serrated knife or pull dental floss tight along the cheese.

Nut-Free

Use hemp seeds instead of almonds.

No Maple Syrup

Use honey instead.

No Peaches

Use tomato, zucchini, nectarine or plums instead.

Ingredients

- 1/2 cup Balsamic Vinegar
- 2 tbsps Maple Syrup
- 2 cups Baby Spinach
- 1/4 cup Mint Leaves
- 2 Peach (sliced)
- 2 1/8 ozs Mozzarella Ball (sliced)
- 1/4 cup Almonds (crushed)

Nutrition

Amount per serving

Calories	369	Sodium	188mg
Fat	16g	Vitamin A	3641IU
Carbs	45g	Vitamin C	19mg
Fiber	5g	Calcium	284mg
Sugar	35g	Iron	3mg
Protein	13g	Vitamin D	5IU
Cholesterol	24mg	Vitamin E	6mg

Strawberry Asparagus Salad with Tahini Dressing

9 ingredients · 20 minutes · 4 servings



Directions

1. Trim the woody ends from the asparagus and cut the spears in half.
2. Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
3. Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
4. In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
5. Drizzle desired amount of dressing over top of the salad and serve.

Notes

Cheese Lover

Add crumbled plant-based feta cheese.

No Asparagus

Use green beans instead.

Leftovers

Store in the fridge up to 2 days with the dressing on the side.

Ingredients

- 2 cups Asparagus
- 4 cups Arugula
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

Nutrition

Amount per serving

Calories	171	Sodium	65mg
Fat	9g	Vitamin A	1838IU
Carbs	20g	Vitamin C	41mg
Fiber	6g	Calcium	141mg
Sugar	9g	Iron	4mg
Protein	7g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	1mg

Watermelon Salad

8 ingredients · 15 minutes · 2 servings



Directions

1. In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
2. In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
3. Divide into bowls and drizzle with desired amount of dressing. Enjoy!

Notes

Make it Greek

Add thinly sliced red onion and black olives.

More Protein

Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

More Greens

Add more fresh herbs, arugula or chopped basil.

Watermelon Size

This recipe was developed and tested using a 5 lb. watermelon.

Ingredients

- 1 **tb**sp Maple Syrup
- 1/4 Lime (juiced)
- 1 **tb**sp Extra Virgin Olive Oil
- 1/8 **tsp** Sea Salt
- 1/4 Seedless Watermelon (diced into cubes)
- 1/2 Cucumber (diced)
- 1/2 **cup** Mint Leaves
- 1/2 **cup** Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	372	Sodium	585mg
Fat	16g	Vitamin A	3725IU
Carbs	55g	Vitamin C	52mg
Fiber	3g	Calcium	263mg
Sugar	42g	Iron	2mg
Protein	10g	Vitamin D	6IU
Cholesterol	33mg	Vitamin E	1mg

Potato & Egg Salad

8 ingredients · 25 minutes · 4 servings



Directions

1. Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
2. Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
3. In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to 3 days.

More Flavor

Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

Additional Toppings

Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

Make it Vegan

Omit the egg.

Ingredients

3 cups Mini Potatoes (chopped)
2 Egg
1/4 cup Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1 1/2 tsps Dijon Mustard
1/2 tsp Sea Salt
1/2 cup Parsley (finely chopped)
2 stalks Green Onion (green part only, chopped)

Nutrition

Amount per serving

Calories	249	Sodium	364mg
Fat	16g	Vitamin A	1017IU
Carbs	21g	Vitamin C	33mg
Fiber	3g	Calcium	42mg
Sugar	1g	Iron	2mg
Protein	6g	Vitamin D	21IU
Cholesterol	93mg	Vitamin E	2mg

Grilled Corn, Nectarine & Quinoa Salad

12 ingredients · 30 minutes · 4 servings



Directions

1. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
2. Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
3. Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
4. Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

No Nectarines

Used sliced peaches or plums instead.

Short on Time

Replace one ear of corn with about one cup of frozen or canned corn.

Ingredients

- 1/2 cup** Quinoa (uncooked)
- 1 cup** Water
- 2 ears** Corn on the Cob (grilled or steamed and kernels removed)
- 2** Nectarine (pitted and cubed)
- 1/2 cup** Red Onion (finely sliced)
- 1/2** Cucumber (diced)
- 1/2 cup** Cilantro (chopped)
- 1/2 cup** Mint Leaves (chopped)
- 1/2** Lemon (juiced)
- 2** Garlic (cloves, minced)
- 2 tbsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	234	Sodium	6mg
Fat	9g	Vitamin A	550IU
Carbs	35g	Vitamin C	13mg
Fiber	4g	Calcium	43mg
Sugar	10g	Iron	2mg
Protein	6g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	2mg

Peach & Lentil Freekeh Salad

8 ingredients · 25 minutes · 4 servings



Directions

1. Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1 1/4 cup of salad.

Gluten-Free

Use quinoa instead of freekeh.

More Flavor

Cook with broth instead of water.

Ingredients

- 1 cup Freekeh (uncooked)
- 2 1/2 cups Water
- 1 Peach (pit removed, chopped)
- 1 cup Lentils (cooked)
- 1/2 cup Parsley (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	228	Sodium	314mg
Fat	1g	Vitamin A	768IU
Carbs	49g	Vitamin C	13mg
Fiber	11g	Calcium	64mg
Sugar	4g	Iron	3mg
Protein	11g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	0mg

Watermelon & Cucumber Quinoa Salad

7 ingredients · 30 minutes · 4 servings



Directions

1. Cook the quinoa according to the package directions. When the quinoa is cooked, let cool.
2. In a large mixing bowl combine the watermelon, cucumber, red onion, lime juice, mint and salt. Stir in the cooked quinoa and season with additional salt or lime juice if necessary. Chill before serving.
3. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 cup.

More Fat

Add a drizzle of extra virgin olive oil or top the salad with hemp seeds.

No Mint

Use basil or parsley instead.

Quinoa

Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.

Ingredients

1/2 cup Quinoa

1/8 Seedless Watermelon (cut into small cubes)

1/2 Cucumber (peeled, diced)

2 tbsps Red Onion (finely chopped)

2 tbsps Lime Juice

1 1/2 tbsps Mint Leaves

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	131	Sodium	78mg
Fat	2g	Vitamin A	875IU
Carbs	27g	Vitamin C	15mg
Fiber	2g	Calcium	30mg
Sugar	10g	Iron	1mg
Protein	4g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	1mg

Strawberry Balsamic Salad with Maple Walnuts

8 ingredients · 15 minutes · 2 servings



Directions

1. Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
2. Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
3. Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein

Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time

Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese

Use feta or cashew cheese instead.

Storage

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.

Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Goat Cheese (crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	387	Sodium	264mg
Fat	33g	Vitamin A	5635IU
Carbs	20g	Vitamin C	60mg
Fiber	5g	Calcium	122mg
Sugar	12g	Iron	3mg
Protein	9g	Vitamin D	0IU
Cholesterol	5mg	Vitamin E	3mg

Caprese Mason Jar Salad

8 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside to cool.
2. Meanwhile, combine the oil and balsamic vinegar and divide evenly between the bottoms of the jars.
3. Add equal amounts of cherry tomatoes, red onion, basil, quinoa, bocconcini, and spinach to the jars. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

26 fl oz (768 mL) mason jars were used for this recipe. One serving is one mason jar.

Make it Vegan

Use avocado instead of bocconcini or omit completely.

More Flavor

Season with salt, pepper, or your choice of herbs and spices.

Additional Toppings

Hemp seeds, black beans, edamame, chickpeas, tofu, chicken breast, or turkey breast.

No Balsamic Vinegar

Use red wine vinegar or your favorite dressing instead, adjusting or omitting the oil accordingly.

Ingredients

- 1 cup Quinoa (uncooked)
- 1 tbsp Extra Virgin Olive Oil
- 3 tbsps Balsamic Vinegar
- 2 cups Cherry Tomatoes (halved)
- 1/2 cup Red Onion (small, diced)
- 2 cups Basil Leaves (packed, chopped)
- 6 ozs Small Bocconcini (halved)
- 4 cups Baby Spinach

Nutrition

Amount per serving

Calories	352	Sodium	117mg
Fat	15g	Vitamin A	4862IU
Carbs	36g	Vitamin C	24mg
Fiber	5g	Calcium	254mg
Sugar	5g	Iron	4mg
Protein	16g	Vitamin D	0IU
Cholesterol	30mg	Vitamin E	3mg

Peach & Sweet Potato Salad

10 ingredients · 15 minutes · 3 servings



Directions

1. Heat 1/4 of the olive oil in a skillet over medium heat. Cook sweet potato for about 7 minutes, stirring occasionally. Add the peach slices. Cook until slightly browned and the sweet potatoes are tender, adding more oil if necessary.
2. In a bowl or mason jar, whisk together the remaining oil, salt, balsamic vinegar and maple syrup.
3. Divide spinach, sweet potato, peaches, tomatoes, pistachios and cheese into bowls. Drizzle with your desired amount of dressing. Enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 to 4 days.

No Peach

Use nectarines, plums, pear or gala apples instead.

No Goat Cheese

Use feta or cashew cheese instead.

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (medium, sliced into small cubes)
- 1 Peach (sliced)
- 1/4 tsp Sea Salt
- 1 tbsp Balsamic Vinegar
- 1 1/2 tps Maple Syrup
- 4 cups Baby Spinach
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pistachios (shelled and chopped)
- 1/4 cup Goat Cheese (crumbled)

Nutrition

Amount per serving

Calories	324	Sodium	299mg
Fat	25g	Vitamin A	10321IU
Carbs	22g	Vitamin C	20mg
Fiber	4g	Calcium	81mg
Sugar	11g	Iron	2mg
Protein	6g	Vitamin D	0IU
Cholesterol	3mg	Vitamin E	4mg

Cucumber & Cantaloupe Salad

7 ingredients · 10 minutes · 4 servings



Directions

1. Mix all the ingredients together in a large bowl. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Dairy-Free

Omit feta cheese or use plant-based feta cheese instead.

Additional Toppings

Top with pumpkin seeds and/or sunflower seeds.

Ingredients

1/3 Cantaloupe (medium, peeled, deseeded and chopped)

1 Cucumber (medium, diced)

1/2 cup Feta Cheese (crumbled)

1/4 cup Mint Leaves (chopped)

2 tbsps Extra Virgin Olive Oil

1 tbsp Maple Syrup

1 tbsp Lemon Juice

Nutrition

Amount per serving

Calories	151	Sodium	224mg
Fat	11g	Vitamin A	1782IU
Carbs	11g	Vitamin C	21mg
Fiber	1g	Calcium	118mg
Sugar	8g	Iron	1mg
Protein	4g	Vitamin D	3IU
Cholesterol	17mg	Vitamin E	1mg

Strawberry, Spinach & Farro Salad

8 ingredients · 40 minutes · 4 servings



Directions

1. Cook the farro according to package directions and set aside to let cool slightly.
2. In a blender or food processor, add half the strawberries, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
3. Slice the remaining strawberries.
4. Add the spinach, onion, and sliced strawberries to a large salad bowl. Add the cooked farro to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

Notes

Leftovers

This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

Gluten-Free

Use quinoa instead of farro.

Ingredients

- 1 cup Farro (rinsed)
- 1 cup Strawberries (divided)
- 1 1/2 tbsps Balsamic Vinegar
- 3 tbsps Water
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)

Nutrition

Amount per serving

Calories	211	Sodium	60mg
Fat	1g	Vitamin A	5631IU
Carbs	41g	Vitamin C	39mg
Fiber	5g	Calcium	93mg
Sugar	6g	Iron	2mg
Protein	9g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	1mg

Corn & Quinoa Salad with Steak

7 ingredients · 30 minutes · 3 servings



Directions

1. Cook the quinoa according to package directions. Set aside to cool.
2. Using a cast-iron pan or grill, remove the husk from the corn. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool before slicing the kernels off the cob.
3. Pat the steak very dry with paper towel. Season with salt and pepper.
4. Use the same skillet and cook the steak for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
5. Divide the quinoa, corn, spinach, and red onion evenly between plates. Top with the steak and cilantro lime dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Warm up the steak before serving.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add cherry tomatoes.

No Corn On The Cob

Use canned corn instead.

Ingredients

1/2 cup Quinoa (dry, rinsed)

1 ear Corn on the Cob

10 ozs Ribeye Steak, Boneless (room temperature)

Sea Salt & Black Pepper (to taste)

3 cups Baby Spinach

1/3 cup Red Onion (thinly sliced)

1/4 cup Cilantro Lime Dressing

Nutrition

Amount per serving

Calories	444	Sodium	302mg
Fat	26g	Vitamin A	2824IU
Carbs	29g	Vitamin C	11mg
Fiber	3g	Calcium	53mg
Sugar	3g	Iron	5mg
Protein	24g	Vitamin D	4IU
Cholesterol	60mg	Vitamin E	1mg

Grilled Chicken & Peach Salad

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the grill over medium heat.
2. Add the chicken to a bowl along with half of the oil, half of the lime juice, garlic powder, and half of the salt. Mix to combine.
3. Place the chicken on the grill and cook for about five to six minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
4. To assemble, divide the spinach, arugula, peaches, onion, and sliced chicken into bowls and top with the remaining oil, lime juice, and salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 2 1/2 cups of salad.

Additional Toppings

Fresh herbs like parsley, basil, and cilantro. Top with your favorite dressing instead of the oil and citrus mixture.

Ingredients

10 ozs Chicken Breast (boneless, skinless)

2 tbsps Extra Virgin Olive Oil (divided)

1/4 cup Lime Juice (divided)

1/2 tsp Garlic Powder

1/2 tsp Sea Salt (divided)

2 cups Baby Spinach

2 cups Arugula

1 Peach (pitted, sliced)

1/4 cup Red Onion (sliced)

Nutrition

Amount per serving

Calories	348	Sodium	685mg
Fat	18g	Vitamin A	3590IU
Carbs	14g	Vitamin C	27mg
Fiber	3g	Calcium	83mg
Sugar	8g	Iron	2mg
Protein	34g	Vitamin D	1IU
Cholesterol	103mg	Vitamin E	4mg

Quinoa & Roasted Chickpea Rainbow Salad

14 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
3. While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
4. Prepare the dressing by combining the olive oil and balsamic vinegar in a jar. Add a pinch of sea salt and black pepper to taste, and mix well.
5. Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups.

No Nectarine

Use sliced pear, plum, apple or peach instead.

Ingredients

- 2 cups Chickpeas (cooked)
- 1 1/2 tsps Coconut Oil (melted)
- 1/2 tsp Sea Salt
- 1 cup Quinoa (dry)
- 1 3/4 cups Water
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 6 cups Mixed Greens
- 1 Cucumber (diced)
- 1 Nectarine (pitted and thinly sliced)
- 1 cup Raspberries
- 1/4 cup Pumpkin Seeds
- 1/4 cup Basil Leaves (finely sliced)

Nutrition

Amount per serving

Calories	319	Sodium	224mg
Fat	12g	Vitamin A	251IU
Carbs	43g	Vitamin C	13mg
Fiber	9g	Calcium	90mg
Sugar	8g	Iron	4mg
Protein	12g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	2mg

Cucumber, Dill & Feta Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, whisk together the oil, vinegar, oregano, salt, and pepper.
2. Add the lettuce, cucumber, dill, and feta to a bowl. Pour the dressing all over and toss.
3. Divide into bowls or onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing and feta cheese when ready to eat.

Serving Size

One serving is approximately 1 1/2 cups.

Make it Vegan

Use dairy-free cheese or omit entirely.

No White Wine Vinegar

Use white vinegar or lemon juice.

No Iceberg Lettuce

Use romaine lettuce or mixed greens.

Ingredients

2 tbsps Extra Virgin Olive Oil

2 tsps White Wine Vinegar

1/2 tsp Oregano (dried)

Sea Salt & Black Pepper (to taste)

1 head Iceberg Lettuce (small, chopped)

1/2 Cucumber (medium, sliced)

2 tbsps Fresh Dill (finely chopped)

1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	270	Sodium	456mg
Fat	22g	Vitamin A	1637IU
Carbs	12g	Vitamin C	10mg
Fiber	4g	Calcium	251mg
Sugar	7g	Iron	2mg
Protein	8g	Vitamin D	6IU
Cholesterol	33mg	Vitamin E	3mg

Chickpea Salad with Creamy Sumac Dressing

11 ingredients · 15 minutes · 3 servings



Directions

1. In a large bowl, whisk together the tahini, lemon juice, oil, water, garlic powder, sumac, salt, and pepper. Add water one tablespoon at a time to make it thinner as needed. Set aside.
2. In the same bowl, combine the chickpeas, cucumber, parsley, and pomegranate seeds. Toss with the dressing and season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Feta cheese and/or extra herbs.

Ingredients

- 2 **tbsps** Tahini
- 1 Lemon (small, juiced)
- 2 **tbsps** Extra Virgin Olive Oil
- 2 **tbsps** Water
- 1/4 **tsp** Garlic Powder
- 1/2 **tsp** Ground Sumac
- Sea Salt & Black Pepper (to taste)
- 1 1/2 **cups** Chickpeas (cooked, rinsed)
- 1/2 **Cucumber** (medium, chopped)
- 1/2 **cup** Parsley (roughly chopped)
- 1/4 **cup** Pomegranate Seeds

Nutrition

Amount per serving

Calories	300	Sodium	25mg
Fat	17g	Vitamin A	936IU
Carbs	31g	Vitamin C	23mg
Fiber	9g	Calcium	110mg
Sugar	7g	Iron	4mg
Protein	10g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	2mg

Radicchio & Arugula Salad with Raspberry Dressing

11 ingredients · 10 minutes · 4 servings



Directions

1. Add raspberries, olive oil, vinegar, maple syrup, dijon mustard and salt to a blender and blend until smooth. Set aside.
2. In a salad bowl, combine the radicchio, arugula, radishes and walnuts. Drizzle with the dressing and top with feta cheese.
3. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Leftover dressing can be refrigerated in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups of salad.

Make it Vegan

Use vegan cheese, or omit.

Ingredients

- 3/4 cup Raspberries
- 1/4 cup Extra Virgin Olive Oil
- 1 1/4 tbsps Red Wine Vinegar
- 1/2 tsp Maple Syrup
- 1/4 tsp Dijon Mustard
- 1/8 tsp Sea Salt
- 2 cups Radicchio (thinly chopped)
- 2 cups Arugula
- 1 cup Radishes (thinly sliced)
- 3/4 cup Walnuts (roughly chopped)
- 2/3 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	360	Sodium	382mg
Fat	34g	Vitamin A	358IU
Carbs	10g	Vitamin C	14mg
Fiber	4g	Calcium	179mg
Sugar	3g	Iron	1mg
Protein	8g	Vitamin D	4IU
Cholesterol	22mg	Vitamin E	3mg

Green Bean & Feta Salad

9 ingredients · 15 minutes · 2 servings



Directions

1. In a large pan, bring one inch of lightly salted water to a boil. Add the beans and cover and cook for about three to four minutes or until tender-crisp. Transfer the beans to a bowl of iced water for two to three minutes.
2. Drain the beans and add them to a large bowl along with the salt, pepper, tomatoes, onion, feta, oil, lemon juice, dill, and oregano. Toss to combine.
3. Divide evenly between plates or into bowls and enjoy!

Notes

Leftovers

Best enjoyed immediately. To meal prep, leave the feta cheese separate and then add it when ready to eat.

Serving Size

One serving is approximately one cup.

Make it Vegan

Use a plant-based cheese alternative.

Ingredients

- 1 cup** Green Beans (stems removed, chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Cherry Tomatoes (cut in half)
- 1/4 cup** Red Onion (sliced)
- 1/4 cup** Feta Cheese (crumbled)
- 2 tbsps** Extra Virgin Olive Oil
- 1/2** Lemon (juiced)
- 2 tbsps** Fresh Dill (chopped)
- 1/2 tsp** Oregano

Nutrition

Amount per serving

Calories	203	Sodium	220mg
Fat	18g	Vitamin A	783IU
Carbs	9g	Vitamin C	18mg
Fiber	2g	Calcium	125mg
Sugar	4g	Iron	1mg
Protein	4g	Vitamin D	3IU
Cholesterol	17mg	Vitamin E	2mg

Strawberry Kiwi Salad

8 ingredients · 5 minutes · 2 servings



Directions

1. In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
2. Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

Additional Toppings

Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

No Sunflower Seeds

Use pumpkin seeds, hemp seeds, or chopped nuts instead.

Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds

Nutrition

Amount per serving

Calories	230	Sodium	38mg
Fat	15g	Vitamin A	69IU
Carbs	23g	Vitamin C	114mg
Fiber	5g	Calcium	87mg
Sugar	13g	Iron	2mg
Protein	4g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	5mg

Snap Pea & Radish Arugula Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. Add all of the ingredients to a bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. When ready to eat, add the olive oil and lemon juice.

Serving Size

One serving is approximately two cups.

More Flavor

Add feta or parmesan cheese.

Serve it With

Cooked protein of choice.

Ingredients

- 4 cups Arugula
- 1/2 cup Snap Peas (chopped)
- 1/2 cup Radishes (thinly sliced)
- 2 stalks Green Onion (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving

Calories	149	Sodium	616mg
Fat	14g	Vitamin A	1606IU
Carbs	6g	Vitamin C	20mg
Fiber	2g	Calcium	89mg
Sugar	3g	Iron	1mg
Protein	2g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	2mg

Strawberry, Tomato & Mozzarella Salad

7 ingredients · 5 minutes · 2 servings



Directions

1. Arrange the tomato slices, strawberries, mozzarella cheese, and basil leaves onto a serving plate.
2. Season with salt. Drizzle with oil and balsamic vinegar. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/3 cups.

More Flavor

Add toasted bread and/or prosciutto.

Ingredients

- 1 Tomato (large, sliced)
- 1 1/3 cups Strawberries (chopped)
- 2 1/16 ozs Mozzarella Ball (torn into pieces)
- 1/4 cup Basil Leaves
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Balsamic Vinegar

Nutrition

Amount per serving

Calories	198	Sodium	464mg
Fat	14g	Vitamin A	1319IU
Carbs	12g	Vitamin C	66mg
Fiber	3g	Calcium	178mg
Sugar	7g	Iron	1mg
Protein	8g	Vitamin D	5IU
Cholesterol	23mg	Vitamin E	1mg

Fennel, Quinoa & Toasted Chickpea Salad

9 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions.
2. Meanwhile, add the oil to a large non-stick skillet over medium-high heat. Once warm, add the almonds and lightly toast them, about one minute.
3. Add the chickpeas and cook until golden and crispy, about three to five minutes, stirring occasionally. Add the smoked paprika. Season with salt and pepper and cook for one more minute while stirring. Remove from the heat.
4. In a large bowl, combine the quinoa, fennel, and mixed greens.
5. Divide the salad evenly between plates. Top with the chickpea mixture, dressing, and almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add additional vegetables such as cucumbers and grated carrots.

Additional Toppings

Shallots, parsley, basil, mint, other chopped nuts, and/or seeds.

Ingredients

- 1/2 cup** Quinoa (dry)
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 cup** Almonds (coarsely chopped)
- 1 cup** Chickpeas (cooked)
- 1/4 tsp** Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 1/2 bulb** Fennel (medium, thinly sliced)
- 2 cups** Mixed Greens
- 3 tbsps** Green Goddess Salad Dressing

Nutrition

Amount per serving

Calories	636	Sodium	251mg
Fat	37g	Vitamin A	743IU
Carbs	61g	Vitamin C	12mg
Fiber	14g	Calcium	165mg
Sugar	9g	Iron	6mg
Protein	19g	Vitamin D	0IU
Cholesterol	9mg	Vitamin E	9mg

Grilled Tofu, Tomato & Zucchini Pasta Salad

10 ingredients · 30 minutes · 3 servings



Directions

1. Cook the chickpea pasta according to package directions. Drain and set aside.
2. Preheat the grill to medium-high heat.
3. Add the tofu, zucchini, and tomatoes to a grill basket or foil packet. Mix the oil, Herbes de Provence, lemon juice, garlic, and salt together. Brush the marinade onto the tofu mixture. Reserve the leftover marinade.
4. Grill for five to seven minutes, tossing gently, or until you see grill marks and the tomatoes and zucchini have softened.
5. Add the veggies to a bowl with the pasta. Add the reserved marinade and toss well to combine. Top with parmesan cheese. Enjoy!

Notes

Leftovers

Refrigerate the leftovers in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Omit the cheese.

More Flavor

Add red chilli flakes and/or thinly sliced red onion.

Additional Toppings

Pine nuts, chopped walnuts, and/or fresh parsley.

Dairy-Free

Use plant-based cheese.

Ingredients

4 1/2 ozs Chickpea Pasta (dry)

11 ozs Tofu (extra-firm, drained, pressed and cubed)

1 Zucchini (cubed)

1 cup Cherry Tomatoes

2 tbsps Extra Virgin Olive Oil

1 tsp Herbes de Provence

1 1/2 tbsps Lemon Juice

1 Garlic (clove, minced)

1/4 tsp Sea Salt

2 tbsps Parmigiano Reggiano (shaved)

Nutrition

Amount per serving

Calories	349	Sodium	284mg
Fat	19g	Vitamin A	578IU
Carbs	30g	Vitamin C	22mg
Fiber	8g	Calcium	391mg
Sugar	8g	Iron	7mg
Protein	24g	Vitamin D	0IU
Cholesterol	4mg	Vitamin E	2mg

Grilled Zucchini & Chickpea Pasta Salad

9 ingredients · 25 minutes · 2 servings



Directions

1. Cook the chickpea pasta according to the package directions. In the final five minutes of cooking, add the frozen peas to the pot to cook. Drain everything and set aside.
2. Meanwhile, preheat the grill to medium heat. Toss the zucchini and onion with half of the oil. Add to a grill basket and grill until the veggies are slightly charred, about five to seven minutes.
3. Mix the lemon juice, garlic, sea salt, pepper, and remaining oil. Toss this mixture together with the pasta, peas, and veggies, and garnish with the dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add goat cheese.

Additional Toppings

Slivered almonds, walnuts, and/or lemon zest.

Ingredients

- 4 ozs Chickpea Pasta (dry)
- 1/3 cup Frozen Peas
- 1 Zucchini (chopped)
- 1/4 cup Red Onion (sliced)
- 2 tsps Extra Virgin Olive Oil (divided)
- 1/2 Lemon (juiced)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	279	Sodium	88mg
Fat	8g	Vitamin A	800IU
Carbs	42g	Vitamin C	27mg
Fiber	11g	Calcium	71mg
Sugar	10g	Iron	6mg
Protein	17g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	1mg

Arugula, Peach & Feta Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, mix together the oil, lemon juice, salt, and pepper.
2. In a serving bowl, add the arugula. Arrange the peach slices and prosciutto on top. Top with feta cheese and pine nuts. Drizzle with the lemon dressing and enjoy!

Notes

Leftovers

Refrigerate the salad and the dressing in separate containers for up to three days.

Serving Size

One serving is equal to approximately 2 1/3 cups.

Make it Vegan

Omit the prosciutto and use a plant-based cheese instead.

More Flavor

Add croutons and cucumber.

Dairy-Free

Use a plant-based cheese instead of feta.

No Pine Nuts

Use walnut or pecans instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 3 **cups** Arugula
- 2 Peach (medium, pit removed and sliced)
- 2 **ozs** Prosciutto (thinly sliced)
- 1/4 **cup** Feta Cheese (crumbled)
- 2 **tbps** Pine Nuts

Nutrition

Amount per serving

Calories	355	Sodium	749mg
Fat	27g	Vitamin A	1283IU
Carbs	18g	Vitamin C	19mg
Fiber	3g	Calcium	152mg
Sugar	14g	Iron	2mg
Protein	13g	Vitamin D	3IU
Cholesterol	37mg	Vitamin E	4mg

Chickpea & Spinach Salad with Strawberry Rhubarb Dressing

10 ingredients · 10 minutes · 3 servings



Directions

1. Add half of the strawberries, half of the rhubarb, balsamic vinegar, oil, honey, and salt to a small blender and blend until smooth.
2. Divide the spinach, remaining strawberries, remaining rhubarb, chickpeas, red onion, and pecans evenly between bowls. Add the dressing on top and enjoy!

Notes

Leftovers

Best enjoyed immediately. Dressing can be refrigerated in an airtight container for up to five days. Store the salad contents separately for up to three days.

Serving Size

One serving is equal to approximately two cups of salad and two tablespoons of dressing.

Additional Toppings

Goat cheese, slivered almonds, pumpkin seeds, and/or fresh parmesan.

Ingredients

- 1 cup Strawberries (sliced, divided)
- 1 cup Rhubarb (finely chopped, divided)
- 2 tbsps Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 1/2 tsp Sea Salt
- 4 cups Baby Spinach
- 2 cups Chickpeas (cooked)
- 1/2 cup Red Onion (thinly sliced)
- 1/2 cup Pecans

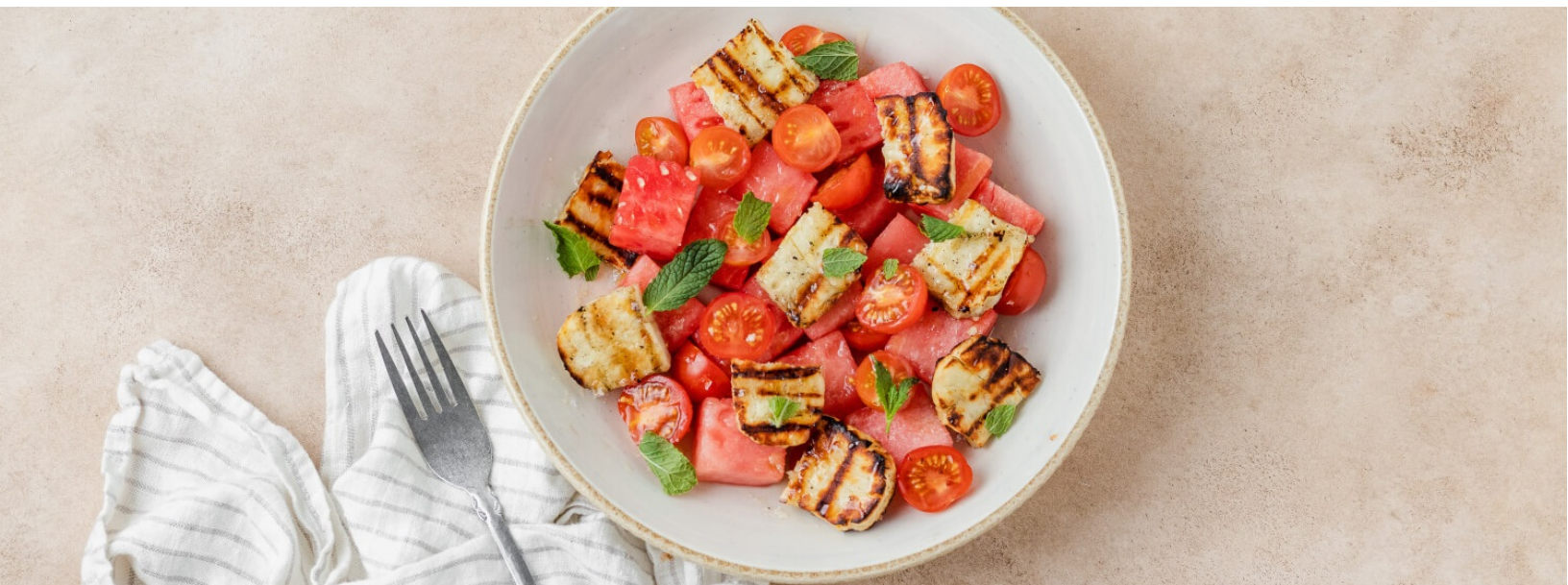
Nutrition

Amount per serving

Calories	466	Sodium	438mg
Fat	24g	Vitamin A	3837IU
Carbs	55g	Vitamin C	46mg
Fiber	13g	Calcium	156mg
Sugar	22g	Iron	5mg
Protein	13g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	3mg

Grilled Halloumi & Watermelon Salad

7 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the grill to medium heat and grease it with oil. Place the halloumi on the grill and cook for two to three minutes per side or until browned.
2. Cut the halloumi into smaller pieces (approximately two inches/five cm). Add the halloumi pieces, watermelon, tomatoes, mint, honey, oil, and salt to a large bowl. Mix to combine. Divide evenly between plates or into bowls and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Flavor

Add more fresh herbs like parsley and cilantro.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil (plus more for greasing grill)
- 8 **3/4 ozs** Halloumi (sliced)
- 1/4 Seedless Watermelon (medium, chopped)
- 1 **cup** Cherry Tomatoes (halved)
- 1/4 **cup** Mint Leaves
- 1 **tsp** Raw Honey
- 1/4 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	497	Sodium	1243mg
Fat	32g	Vitamin A	2647IU
Carbs	33g	Vitamin C	38mg
Fiber	2g	Calcium	779mg
Sugar	26g	Iron	1mg
Protein	24g	Vitamin D	0IU
Cholesterol	74mg	Vitamin E	1mg

Summer Salad with Grapefruit Vinaigrette

10 ingredients · 20 minutes · 4 servings



Directions

1. Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
2. Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

Ingredients

- 4 cups** Arugula
- 1/2 cup** Strawberries (sliced)
- 1/2 cup** Raspberries
- 1/2 cup** Blueberries
- 1/2 cup** Pecans (toasted)
- 1** Avocado (peeled and diced)
- 1/4 cup** Basil Leaves (chopped)
- 1/2** Grapefruit (juiced)
- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Apple Cider Vinegar

Nutrition

Amount per serving

Calories	267	Sodium	10mg
Fat	23g	Vitamin A	1009IU
Carbs	15g	Vitamin C	36mg
Fiber	7g	Calcium	64mg
Sugar	7g	Iron	1mg
Protein	3g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	3mg

Mexican Street Corn Salad

7 ingredients · 25 minutes · 2 servings



Directions

1. Heat a cast-iron pan or grill over medium-high heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool for about 10 minutes.
2. Meanwhile, in a bowl, mix together the lime juice, lime zest, oil, salt, cilantro, jalapeño, and cotija cheese.
3. Slice the kernels off the cob and transfer them into the bowl. Mix everything together until combined and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Make it Vegan

Omit the cheese or use a plant-based cheese instead.

More Flavor

Add avocado and mayonnaise.

No Cotija Cheese

Use feta cheese instead.

Ingredients

2 ears Corn on the Cob (husk removed)

1 Lime (juiced and zested)

1 tbsp Extra Virgin Olive Oil

1/4 tsp Sea Salt

3 tbsps Cilantro (chopped)

1/2 Jalapeno Pepper (seeds removed, finely diced)

1/4 cup Cotija Cheese

Nutrition

Amount per serving

Calories	212	Sodium	506mg
Fat	12g	Vitamin A	280IU
Carbs	22g	Vitamin C	15mg
Fiber	1g	Calcium	125mg
Sugar	6g	Iron	0mg
Protein	6g	Vitamin D	3IU
Cholesterol	15mg	Vitamin E	1mg

Cold Orzo, Zucchini & Corn Salad

8 ingredients · 25 minutes · 4 servings



Directions

1. Cook the orzo according to the package directions. Drain and add to a large bowl.
2. Meanwhile, using a cast-iron pan or grill, cook the corn over medium-high heat for about one to two minutes per side or until lightly charred on all sides. Once it is cooked, remove and let it cool before slicing the kernels off the cob. Season with salt and pepper and transfer to the bowl with the orzo.
3. In the same skillet over medium heat, add a small drizzle of oil. Once hot, add the zucchini and cook for about two to three minutes per side, until browned and just cooked through. Remove and season with salt and pepper. Transfer to the bowl with the orzo.
4. In a small jar, combine the oil with the vinegar and season with salt and pepper. Shake to combine.
5. Pour the dressing over the orzo salad and top with goat cheese and basil. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups.

Make it Vegan

Use dairy-free cheese or omit.

No Goat Cheese

Use feta cheese.

Gluten-Free

Use gluten-free pasta or quinoa instead.

Ingredients

1 cup Orzo (dry)

2 ears Corn on the Cob (husk removed)

Sea Salt & Black Pepper (to taste)

1/4 cup Extra Virgin Olive Oil (plus extra for cooking)

2 Zucchini (sliced)

2 tbsps White Wine Vinegar

3/4 cup Goat Cheese (crumbled)

1/2 cup Basil Leaves (chopped)

Nutrition

Amount per serving

Calories	341	Sodium	106mg
Fat	19g	Vitamin A	476IU
Carbs	34g	Vitamin C	20mg
Fiber	3g	Calcium	40mg
Sugar	7g	Iron	2mg
Protein	9g	Vitamin D	0IU
Cholesterol	8mg	Vitamin E	2mg

Strawberry Quinoa Arugula Salad

9 ingredients · 40 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions. Let cool.
2. In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
3. Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep

For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula

Use baby spinach instead.

No Sunflower Seeds

Use pumpkin seeds, hemp seeds or chopped walnuts instead.

Ingredients

- 1/2 cup** Quinoa (uncooked)
- 2 tbsps** Tahini
- 1 tbsp** Maple Syrup
- 1 1/2 tsps** Lemon Juice
- 1 tbsp** Water (warm)
- 1/8 tsp** Sea Salt
- 6 cups** Arugula
- 1/4 cup** Sunflower Seeds
- 1 cup** Strawberries (chopped)

Nutrition

Amount per serving

Calories	202	Sodium	93mg
Fat	10g	Vitamin A	725IU
Carbs	25g	Vitamin C	27mg
Fiber	4g	Calcium	107mg
Sugar	6g	Iron	3mg
Protein	7g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	3mg

Cabbage & Green Bean Salad

7 ingredients · 15 minutes · 2 servings



Directions

1. Bring salted water to boil in a large pan. Add green beans, cover, and cook for five to seven minutes or until tender-crisp. Drain and transfer the green beans to an ice bath.
2. In a large bowl, whisk together the oil and lemon juice. Add the green beans, cabbage, and feta cheese. Toss to combine and season with salt and pepper.
3. Transfer the salad to a serving plate and top with slivered almonds. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Omit the feta cheese or use plant-based cheese instead.

No Sliced Almonds

Omit or use hazelnut or pecans instead.

Additional Toppings

Add croutons and a protein of your choice.

Ingredients

2 cups Green Beans (stems removed)

2 tbsps Extra Virgin Olive Oil

1 Lemon (juiced)

2 cups Purple Cabbage (shredded)

1/4 cup Feta Cheese (crumbled)

Sea Salt & Black Pepper (to taste)

1 tbsp Slivered Almonds

Nutrition

Amount per serving

Calories	259	Sodium	244mg
Fat	20g	Vitamin A	1764IU
Carbs	17g	Vitamin C	72mg
Fiber	5g	Calcium	182mg
Sugar	8g	Iron	2mg
Protein	7g	Vitamin D	3IU
Cholesterol	17mg	Vitamin E	3mg

Green Goddess Mason Jar Salad

7 ingredients · 25 minutes · 2 servings



Directions

1. Cook the rice according to the package directions. Let it cool to room temperature.
2. Layer the ingredients in a mason jar in the following order: Green Goddess dressing, edamame, broccoli, rice, cucumber, mixed greens, and hemp seeds
3. Seal the jar and refrigerate until ready to serve.
4. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Store in the fridge for up to three days.

Serving Size

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor

Season with salt, pepper, or your choice of herbs and spices.

Ingredients

- 1/4 cup** Brown Basmati Rice (dry, rinsed)
- 2 tbsps** Green Goddess Salad Dressing
- 1 cup** Frozen Edamame (thawed)
- 1/4 cup** Broccoli (cut into florets)
- 1/4** Cucumber (medium, diced)
- 2 cups** Mixed Greens
- 2 tbsps** Hemp Seeds

Nutrition

Amount per serving

Calories	310	Sodium	156mg
Fat	16g	Vitamin A	349IU
Carbs	29g	Vitamin C	20mg
Fiber	6g	Calcium	92mg
Sugar	4g	Iron	3mg
Protein	15g	Vitamin D	0IU
Cholesterol	6mg	Vitamin E	1mg

Watermelon & Strawberry Salad

8 ingredients · 10 minutes · 4 servings



Directions

1. In a large bowl combine the watermelon, strawberries, cucumber, and half of the mint.
2. In a small bowl or jar, combine the oil, honey, salt, and remaining mint.
3. Pour the dressing over the salad and toss gently to combine. Top with feta. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add chopped jalapeño pepper.

Dairy-Free

Omit the feta cheese.

Ingredients

1/2 Seedless Watermelon (small, cut into cubes)

1 1/2 cups Strawberries (chopped)

1/3 Cucumber (medium, sliced in half moons)

3 tbsps Mint Leaves (chopped, divided)

1 tbsp Extra Virgin Olive Oil

1 tsp Raw Honey

1/4 tsp Sea Salt

3/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	301	Sodium	475mg
Fat	10g	Vitamin A	3416IU
Carbs	50g	Vitamin C	79mg
Fiber	4g	Calcium	194mg
Sugar	39g	Iron	2mg
Protein	8g	Vitamin D	5IU
Cholesterol	25mg	Vitamin E	1mg