

SALADS & SLAWS

From simple pre-packaged salads to a totally custom salad, so many options from protein to dressings



The Big Salad

Use your "**Salad Organizer Container**" to assemble your custom salad with ease

Lettuce:	Tomatoes	Shred Red Cabbage	Avocado
Romaine	Bell Peppers	Radishes	v-Croutons
Spring	Cucumber	Cut Broccoli	Toasted Nuts
Spinach	Sliced Olives	Red Onion	Sunflower Seeds
Kale	Shredded Carrots	Mushrooms	Mandarin Oranges



Protein Additions

Chicken-Less	Drained Canned Beans	Burger	Misc.
Nuggets	Kidney	Black Bean	Falafel
Patty	Black	Veggie	Hummus
Strips	Garbanzo	PB-Beef	Prepared Tofu
	Cannellini		



Pre-Packaged

Choose a pre-packaged salad (like Kale or Asian Chopped) and add your favorite protein topper. Just check the ingredient list for items to toss & substitute (ie dressing)



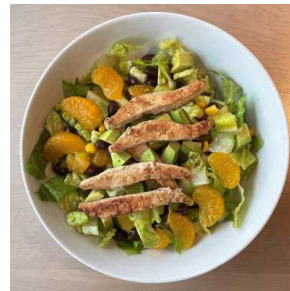
Dressings

Buy or DIY! Just read the label! A few fav's...
Balsamic
Zesty Italian
Brianna's (Poppyseed is fav)
Primal Kitchen Varieties



v-Caesar

Romaine
v-Caesar Dressing
v-Croutons
Red Onion
Optional: v-Chicken Strips & v-Parmesean



Southwest Chx'n

Romaine
Black Beans
Avocado & Corn
Mandarin Orange
v-Citrus Dressing
v-Chicken Strips



Coleslaw

Chop cabbage head & dress with v-mayo, sugar, mustard & apple cider vinegar.
OR Better: Buy cabbage package & Brianna's Poppyseed Dressing.



Potato Salad

Boil quartered baby potatoes.
Mix v-mayo, dijon mustard, dill, salt & pepper.
Add in chopped celery, sweet onion, and bell peppers.

*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.

Printable Meal Guides

ORGANIZING
a Plant Based Life.com