

Meals from Your Market



How to Build Delicious, Nutritious Salads

For a great salad, try to combine at least one ingredient from each of the **5 Flavors: sweet, sour, salty, spicy and bitter**. If the salad has greens that can count as the bitter.

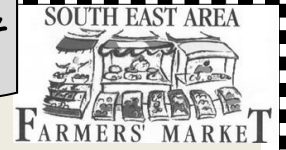
Making your own salad dressing is as easy as shaking a bottle. You can skip the harmful preservatives and extra salt and sugar in store-bought dressing and enjoy a tastier version with endless options to mix it up.

Combine proteins and fats to make a salad into a meal or use one for a light salad to go with a heavier dish.

For easy ideas, look at the 5 Flavors Ingredients list on the other side!



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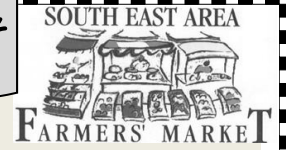
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BITTER
Lettuce
Finely chopped kale
Bok Choy
Tatsoi
Cabbage
Cucumber (skin is bitter)

PROTEIN & HEALTHY FATS
Hard boiled egg
Tahini
Olive oil
Pecans
Walnuts
Sunflower seeds
Avocado
Feta cheese
Parmesan
Bacon
Mayonnaise
Yogurt
Chicken
Tuna

SWEET
Maple syrup
Honey
Sugar
Raisins
Dried cherries
Strawberries
Raspberry jam
Apples
Shredded carrot
Shredded beet
Tomatoes

SALTY
Salt
Soy sauce
Braggs amino liquids

SPICY
Dijon mustard
Garlic
Cayenne pepper
Herbs
Onion








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