

## Tim's Super Salad with Dressings

SALAD	DRESSING #1: LEMON & OLIVE OIL	DRESSING #2: HONEY MUSTARD
<p><b>The Best Ingredients</b>            Generous heap of mixed greens            Fistful of baby spinach            ½ bunch of cilantro            6 cherry tomatoes            1/2 medium avocado            1/4 red, orange or yellow bell pepper            4 ounces of skinless chicken breast</p> <p><b>Optional</b>            2 sliced mushrooms            Sprinkling of chopped nuts or seeds (almond, walnut, sesame, sunflower)            6 sugar or snap peas            Tuft of bean or alfalfa sprouts            1/2 medium cucumbers            1/2 stalk of celery</p> <p><i>Substitute the following for chicken</i>            5 hard boiled eggs, only two yolks            4 ounces of lean steak            20 large shrimp</p> <p><b>Directions</b>            Chop up the veggies into bite sized bits and put them in a large bowl. I recommend preparing the chicken at the beginning of the week. The easiest way is to cover frozen chicken breasts with water in a large pot and boil them for about 15 minutes.</p> <p><b>Tips</b>            The portions of each are loose approximations, so feel free to add or subtract at will, except don't go above 1/2 avocado.</p> <p>Cook only lean beef to avoid excess fat. The Grocery List details the best cuts. Steak should be left medium rare to retain the most nutritional value.</p> <p>20 shrimp may seem like a lot, but they are relatively low in calories and it would take about that many to equal the target amount of 30 grams of protein.</p>	<p><b>Ingredients</b>            1/2 cup extra virgin olive oil            1/4 cup lemon juice, freshly squeezed            2 tablespoons filtered water            1 teaspoon <a href="#">Himalayan rock salt</a></p> <p><b>Optional</b>            1 teaspoon black pepper            1-2 teaspoons herbs, fresh minced (parsley, basil, oregano, thyme, etc.)            Finely grated zest of 1 lemon</p> <p><b>Instructions</b>            Put all ingredients in a sealed container and shake vigorously. If desired, sprinkle the zest on top of the salad just before serving.</p> <p><b>Tips</b>            I estimate the ingredients and you'll probably get good at eyeing the proportions after a few tries. Try for a mix of olive oil to lemon juice at about a 1:1 – 2:1 ratio, depending on how acidic you want it. The salt and herbs can be added to please your taste buds. When I'm feeling lazy I stick with just the main ingredients.</p> <p>Some people add 2 cloves of minced garlic, but it is one of the most common digestive intolerances and allergies. I stay away, but there are many reported benefits to garlic as well, so I'll leave it to you to make your own informed decision.</p>	<p><b>Ingredients</b>            1/3 cup extra virgin olive oil            1/4 cup honey mustard            2 tablespoons raw honey            2 tablespoons unfiltered apple cider vinegar            1 teaspoon <a href="#">Himalayan rock salt</a></p> <p><b>Optional</b>            1/2 cup plain non-fat yogurt            1 teaspoon black pepper</p> <p><b>Instructions</b>            Mix all ingredients together with a blender (best results), whisk, or shake vigorously in a sealed jar until the honey is dissolved.</p> <p><b>Tips</b>            I estimate the ingredients and you'll probably get good at eyeing the proportions after a few tries. Feel free to mix it up depending on how acidic, spicy or sweet you want it. I prefer the yogurt because it adds a nice creamy texture.</p>

## Tim's Super Salad Grocery List

**Directions:** This list is for enough for 1 person for 1 week totaling 5 Super Salads.

### **Essential Ingredients**

- 2 Large 11 ounce Boxes of Mixed Greens
- 1 Large 11 ounce Bag or Box of Baby Spinach
- 3 Bunches Cilantro
- 3 Red, Orange or Yellow Bell Peppers
- 3 Avocados
- 1 Box Vine Ripened Cherry Tomatoes
- 5 Skinless Chicken Breasts

### **Optional Ingredients**

- 4 Lemons (if making Lemon-Olive Oil Dressing)
- 10 Mushrooms
- 1 Medium Bag Snap Peas
- 1 Box Bean or Alfalfa Sprouts
- 2 Cucumbers
- 1 Small Bunch Celery
- 1 Bag Seeds or Nuts
- ½ Dozen Eggs (substitute for chicken)
- 1 Flank Steak (substitute for chicken)
- 1 Bag Frozen Shrimp (substitute for chicken)

### **Have on Hand**

- Extra Virgin Olive Oil
- [Himalayan Rock Salt](#)
- Mustard (if making Honey Mustard Dressing)
- Honey (if making Honey Mustard Oil Dressing)
- Unfiltered Apple Cider Vinegar (if making Honey Mustard Oil Dressing)
- Non-fat Plain Yogurt (if making Honey Mustard Oil Dressing)

**Tips:** Prepare the salad in one large bowl to save time. Cover tightly with plastic wrap. Mix the dressing in a mason jar at the beginning of the week as well. Pre-cook the chicken breasts by boiling them in water for about 15 minutes and cut them into strips before storing in the fridge. These ingredients should last about 1 week in the fridge, so if they start to spoil you know you're not eating enough salad.