



**NUTRITIOUS**

**SUMMER**

**SALAD**

*Summer is right around the corner and a cool crisp summer salad can be a delicious lunch or appetizer option. Eating a salad does not have to be boring or tasteless! The more ingredients, the better.*

*Salads can be satisfying and filling if the right ingredients are chosen. I also recommend my clients to add a protein and a fibrous carb to a salad for a complete meal that will keep them full for hours. Forget the iceberg lettuce and croutons; instead add the protein and healthy fats!*

## **How to build your perfect salad:**

Start with a solid base. I love mixing different types of greens such as spinach, arugula, romaine lettuce, kale, and even Swiss chard. Don't be afraid to mix and try these different greens. Leafy greens are packed with fiber, water, vitamins and minerals. The more greens you eat in a day the better. Venture out to your local farmers market and find a wide variety of greens to add to your plate!

Next add different vegetables like chopped cucumbers, tomatoes, carrots, broccoli, and peppers. My personal favorite veggie to incorporate is cucumber because of the delicate flavor and crunch. Since summer is approaching choose antioxidant full berries like raspberries, blueberries, and blackberries to spice things up.

Now to our proteins, choose at least four ounces of a protein to add to the salad. When considering your options shrimp, shredded chicken breast, or even tuna are great proteins. Proteins not only help maintain muscles in the body but will also have you feeling full through out the day.

It's crunch time! Adding high quality fats like chia seeds, almonds, 1/2 of an avocado, pistachios, and walnuts can add a delicious crunch to your salad. Nuts and seeds contain healthy fats that provide nutrients and also slow down the digestion of your meal making you feel satisfied longer! For a healthier approach you can add a complex fibrous carbohydrate such as quinoa or faro. Forget the days of feeling hungry an hour after eating a salad!

As far as the dressing, keep it very simple. Add two tablespoons of olive oil and two tablespoons of apple cider vinegar or balsamic vinegar. Avoid store bought salad dressings that are made with pro-inflammatory oils like canola oil. Add a pinch salt and pepper, and you have a delicious salad!

**Enjoy!**

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