

HOW TO BUILD A SALAD

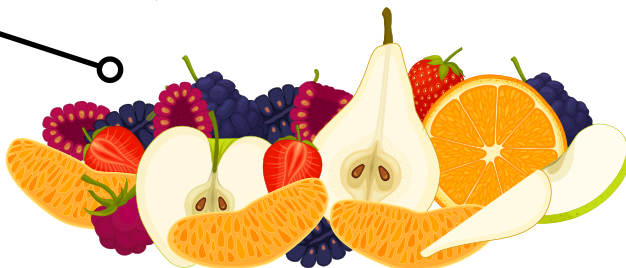
DRESS IT UP

- Lemon Juice
- Lime Juice
- Olive Oil
- Homemade Dressing



FRESHEN WITH FRUIT

- Apple Slices
- Pear Slices
- Orange Wedges
- Strawberries
- Blackberries
- Blueberries
- Raspberries



TOP IT OFF

- Basil
- Cilantro
- Raw Seeds
- Mushrooms



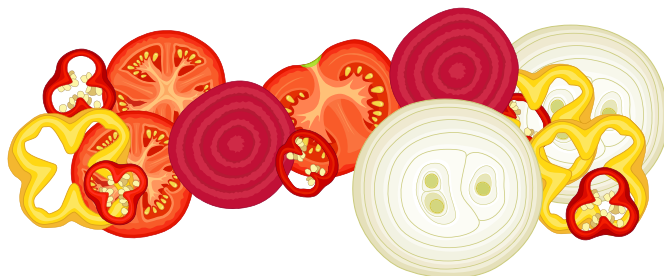
ADD SOME CRUNCH

- Celery
- Cucumber
- Raw Broccoli Florets
- Purple Cabbage
- Alfalfa Sprouts
- Pea Pods
- Carrots
- Cauliflower
- Raw Nuts
- Green Beans



GIVE IT SOME COLOR

- Bell Peppers
- Tomato
- Beets
- Pomegranate Seeds
- Avocado
- Red Onion



ADD 3 CUPS OF LEAFY GREEN VEGETABLES

- Spinach
- Chard
- Kale
- Romaine Lettuce
- Collards
- Bok Choy
- Arugula

