

Protein Enriched Power Salad



Ingredients:

- Spinach (Vitamin C, B6, Iron, Calcium, Magnesium)
- baby kale (vitamins A, B6, C, K, folate, fiber, carotenoids and manganese)
- Quinoa (high in protein & fiber, calcium, iron)
- Pistachios (high in protein & potassium, B6, C, Iron, Magnesium, calcium)
- chopped tomatoes (little protein & fiber)
- Avocado (protein, fiber, polyunsaturated fat)
- feta cheese (protein, calcium, B6, D, Iron, Magnesium)
- dried cherries (A, C, E)
- Grilled Chicken (high in protein, iron, B6, D, calcium, magnesium)
- Balsamic Vinegar (potassium) & Flaxseed oil (B1, Magnesium, copper, heart healthy) salad dressing

Directions:

1. Build your salad with what you want from these ingredients or add/subtract what you want. Dress it with Balsamic Vinegar and Flaxseed or Extra Virgin Olive Oil.