



Summer Garden Salad

Dressing Ingredients:

→Increase this recipe for future salads if desired. Store refrigerated for up to a week.

2 tsp. Extra Virgin Olive Oil
3 Tbsp. Fresh Lime Juice
2 tsp. Raw Honey or Agave
1/2 tsp. Dijon Mustard
✌️ finger pinch EACH Kosher Salt & Black Pepper

Dressing Directions:

Make dressing by placing all ingredients in a shaker jar with a lid, or in a small dish. Either shake or whisk; set aside.

Salad Ingredients:

Canned Salmon or Albacore Tuna in H₂O, drained, rinsed, flaked
Torn Romaine Leaves
Grape, Cherry or Yellow Pear
Tomatoes, halved
English Cucumber, cut into ribbons with a vegetable peeler
Orange Bell Pepper, seeded, diced small
Radishes, thinly sliced
Fresh Chives, diced
Small Yellow (Summer) Squash, halved, thinly sliced
1 Ripe Avocado, diced

Directions:

Step 1: Make dressing; set aside.

Step 2: Add suggested portions of all salad ingredients to a container or gallon Ziploc bag without dressing until you plan to enjoy the salad.

Step 3: When ready, add dressing, and toss or shake. Eat from the container/bag or plate your yummy salad.

Complete Meal Portions:

2 unit Meal:

2 oz. either tuna or salmon
2 big grabs of greens
3 tomatoes
1/3 cup cucumber ribbons
1/3 cup bell pepper
1 radish
1 tsp. chives
1/3 cup yellow squash
1 Tbsp. avocado
1 Tbsp. dressing

3 Unit Meal:

3 oz. either tuna or salmon
3 big grabs of greens
4 tomatoes
1/2 cup cucumber ribbons
1/2 cup bell pepper
2 radish
2 tsp. chives
1/2 cup yellow squash
1 1/2 Tbsp. avocado
1 1/2 Tbsp. dressing

4 Unit Meal:

4 oz. either tuna or salmon
4 big grabs of greens
5 tomatoes
2/3 cup cucumber ribbons
2/3 cup bell pepper
2 radish
2 tsp. chives
2/3 cup yellow squash
2 Tbsp. avocado
2 Tbsp. dressing

5 Unit Meal:

5 oz. either tuna or salmon
Up to 5 big grabs of greens
6 tomatoes
3/4 cup cucumber ribbons
3/4 cup bell pepper
2-3 radish
2 tsp. chives
3/4 cup yellow squash
2 1/2 Tbsp. avocado
2 Tbsp. dressing