

# HOW TO PREP SALADS FOR THE WHOLE WEEK

The key to keeping your lunch routine fresh is to change it up. Use this chart to pick ingredients for a week's worth of salads—use the layering ideas, or mix and match your favorites. Add all the layers, or just some of them—it's up to you! Start with the heavy ingredients and veggies with high water content at the bottom and work your way up.

## PICK YOUR SALAD

### DRESSING

For each salad:

2 tbsp

For the week:

1 cup

### SPINACH



Creamy Poppy Seed

### MEDITERRANEAN

#### Italian Vinaigrette



### CAESAR



Caesar

### SOUTHWEST

#### Ranch



### ASIAN



Asian Vinaigrette

### TOPPINGS

For each salad:

2–4 tbsp

For the week:

⅔ cups



Granola

#### Nuts or seeds (pine nuts, almonds, walnuts...)



Croutons

#### Tortilla strips (or crushed chips)



Chow mein noodles



Dried fruit  
(cranberries, cherries...)

#### Sliced olives (Kalamata, black, green...)



Cheese  
(Parmesan, blue, feta, cheddar...)

#### Real bacon bits



Fresh herbs  
(cilantro, basil, parsley...)

### PROTEIN

For each salad:

3 oz cooked

For the week:

15 oz cooked



Turkey

#### Fish (salmon, tuna, shrimp...)



Hard-boiled eggs

#### Chicken



Tofu

### GREENS

For each salad:

1½ cups

For the week:

8 cups



Spinach

#### Kale



Romaine

#### Arugula



Cabbage  
(red, Napa...)

### DELICATE VEGGIES

For each salad:

½–1 cups total

(delicate and hearty & juicy veggies combined)

For the week:

2½–5 cups



Berries

#### Onions



Grilled asparagus

#### Avocado



Carrots

### HEARTY & JUICY VEGGIES

**Tip:** Put veggies with high water content near the bottom of your jar to keep greens and toppings from getting soggy.



Beets

#### Cucumber



Broccoli or cauliflower

#### Tomatoes



Bell pepper

### GRAINS & BEANS

For each salad:

¼–½ cup

For the week:

1¼–2½ cups



Quinoa

#### Chickpeas



Pasta or couscous

#### Black beans



Shelled edamame