

Healthy Salad Combos for a Balanced Meal On-the-Go

Step 1: Choose a Base

1 ½ to 2 cups or more of:

- Spinach
- Romaine
- Kale
- Spring Mix
- Arugula
- Green Leaf Lettuce
- Beet Greens
- Swiss Chard
- Mustard Greens



Step 2: Add your Favorite Veggies

Choose 2-3 (or more!)

- ½ cup broccoli
- ½ cup cabbage
- ¼ cup shredded carrots
- ¼ cup celery
- ¼ cup corn
- ½ cup diced cucumber
- ½ cup mushrooms
- ¼ cup diced onions
- ½ bell pepper sliced
- ½ cup snow peas
- ¼ cup sprouts
- 5-7 cherry tomatoes



Step 3: Incorporate Proteins

Choose 1-2:

- 2 oz. grilled chicken
- 2 oz. chopped steak
- 2 oz. turkey breast
- ½ cup tempeh
- ½ cup tofu
- 3 oz. shrimp
- 3 oz. tuna or salmon
- 1-2 hard-boiled eggs
- ½ cup lentils
- ½ cup edamame
- ½ cup black beans
- ¼ cup shredded cheese



Step 4: Include a Healthy Fat

Choose 1-2:

- ¼ - ½ avocado
- 2 Tbsp. pecans
- 2 Tbsp. walnuts
- 2 Tbsp. almonds
- 2 Tbsp. cashews
- 2 Tbsp. sunflower seeds
- 2 Tbsp. pumpkin seeds
- 2 tsp olive oil

Step 5: Optional Extras

Choose 1-2:

- ½ cup fresh fruit
- 2 Tbsp. dried fruit
- ¼ cup homemade croutons
- 2 Tbsp. shredded or crumbled cheese
- 2 Tbsp. bacon bits
- 2 Tbsp. crispy fried onions
- ¼ cup tortilla or wonton strips
- ¼ cup crispy chow mein noodles

Step 6: Top It Off!

2 tbsp. or less of dressing of your choice AND

Optional Extras:

- Basil leaves
- Italian seasoning
- Chives
- Mint
- Oregano
- Everything bagel seasoning
- Lemon juice
- Lime juice
- Vinegar
- Salsa



Instructions

This guide allows you to build a delicious salad that will be a nutritionally balanced, satisfying meal. Most of the salad combinations in this template are 400-600 calories.

1. Start in the upper left box by choosing a salad base.
2. Work across the left column, adding components to your salad in the measurements listed. There are ingredients for various diets: traditional, vegetarian, vegan, gluten-free, dairy-free, and ketogenic.
3. Choose the ingredients that fit your needs.
4. Build your salad how you like it, and take it with you on the go!



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