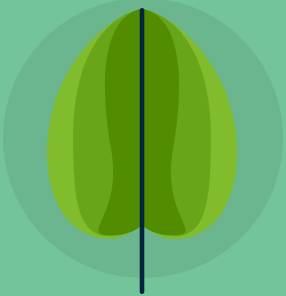
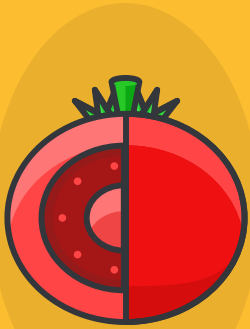


Pep Up Your Salad



Pick a base green that you genuinely enjoy. Baby lettuces, spinach, arugula, iceberg, and kale are all great options!



Add color to with a variety of vegetables like carrots, tomatoes, cucumber, and more!



Then layer in some fresh or dried fruit. Apples, pears, raisins, or dates are all tasty!



Starches can help your salad feel more filling! Try brown rice or roasted potatoes.



Top everything with some toasted nuts or seeds for a bonus crunch!