



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Home Salad Bar

The lunch salad bar is fantastic if you take the time to prepare and shop carefully. You can store your salad-bar ingredients in glass jars on the countertop or I use OXO canisters in my pantry (the ones that need no refrigeration) and in glass containers in the fridge for the ones that need to be kept cool.

You can cut veggies into bite-size pieces and select the day's salad in the morning before going to work. Select different options each day. Refrigerate at work until ready to eat.

Be sure to use greens as your base, adding veggies and fats (and proteins) on top. For convenience I use shredded carrots and purple cabbage. I have on hand a variety of greens, microgreens, herbs, and sprouts to add, and well as dried goji berries, fresh fruit, and avocado. I also have the 3 seed salad topper premixed and ready to sprinkle on.

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Vegetables	
Artichoke Hearts	Scallions
Broccoli	Snap Peas
Cucumbers	Steamed Asparagus
Herbs- Mint, Thyme, Oregano, Cilantro, Basil, Dill to taste	Sprouts (You can make your own bean sprouts at home)
Mushrooms (cooked)	Tomatoes
Radishes	Zucchini
Greens	
Arugula	Mixed Baby Greens, Microgreens
Kale	Spinach
Fats and Proteins	
Avocado or Guacamole	Olive Tapenade
Hummus	Walnut Tapenade
Nuts- Cashews, Almonds, Walnuts, etc.	Seeds- Pumpkin, Sunflower, Chia, Hemp, Sesame, etc.
Dressings and Dips	
Guacamole	Salad Dressing
Kale	Spinach

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