

Beat the Diet Blues

beatthedietblues.com

Salad Fixins'

Use this list to create your salads or use my suggestions in the Menu

| Chef Salad Meats | Green Vegetables | Salad Toppers | Dressings |
|--------------------------------------------|-------------------------|--------------------|----------------------------------------------------|
| Sara Lee Roast Turkey Slices from the Deli | Bag Iceberg Salad Mix | Black Beans | Ken's Italian Dressing with Extra Virgin Olive Oil |
| Oscar Mayer Carving Board Turkey | Bag Romaine Salad Mix | Roma Tomatoes | Wishbone Lemon Herb with Extra Virgin Olive Oil |
| Oscar Mayer Carving Board Ham | Bag Baby Spinach | Shredded Carrots | Wishbone Deluxe French Dressing |
| Oscar Mayer Carving Board Chicken | Bag Kale and Spinach | Cucumber | Wishbone Raspberry Hazelnut Vinaigrette |
| Bumble Bee or Starkist Canned Salmon | Broccoli (Stalk or Bag) | Grated Red Cabbage | Hidden Valley Ranch Fat Free Ranch |
| Canned Starkist Tuna Albacore or Regular | Head of Lettuce | Shredded Cheddar | Kraft Lite Raspberry Vinaigrette |
| | Head of Romaine Lettuce | Grated Parmesan | |
| | Head of Lettuce | | |
| | | Blueberries | |
| | | Strawberries | |
| | | Raspberries | |
| | | Blackberries | |
| | | Apples | |
| | | Pineapple | |

LOTS OF STUFF OUT THERE YOU MIGHT LIKE ... TRY TO STAY LOWER CALORIE