

FAT LOSS GOURMET SALAD BOWL RECIPES

Below you will find 4 different salad recipes, each approximately 450 calories, 40-50% carbs, 30% protein & 20% fat, the ideal macronutrient proportions for fat loss & staying/ getting lean.

	GREEN BASE (2 cups)	EXTRA VEGGIES (¼ cup)	Healthy Carb	Extra	Lean Protein	Vinaigrette
#1	Lettuce	Red/yellow pepper	¾ cup Brown rice	-----	4 ounces grilled salmon	1 Tbsp Lemon Tarragon
#2	Baby spinach	Chopped cucumbers	*Pita chips Made from 1 large whole wheat pita	¼ cup yellow corn	1 can tuna	1 Tbsp Dijon vinaigrette
#3	Mixed greens	Red onions & baby tomatoes	1 cup Cooked orzo	⅛ cup avocado	4 oz grilled chicken breast	1 Tbsp Lime vinaigrette
#4	Arugula	Radishes	¾ cup quinoa	1 Tbsp goat cheese	6 oz grilled white fish of your choice	1 Tbsp Apple cider vinaigrette

<p>Lemon-tarragon vinaigrette ¼ cup fresh lemon juice ¼ cup freshly chopped shallot 6 fresh tarragon sprigs, chop up leaves 4 tsp dijon mustard Sea salt & pepper to taste 6 Tbsp olive oil</p>	<p>Dijon vinaigrette 3 Tbsp red wine vinegar 4 Tbsp fresh lemon juice 3 Tbsp dijon mustard 2 cloves garlic, chopped Sea salt & pepper to taste 6 Tbsp olive oil</p>
<p>Apple cider vinaigrette 2 Tbsp apple cider vinegar 1 tsp maple syrup 1 tsp dijon mustard 1 tsp finely chopped shallot Sea salt & pepper to taste 6 Tbsp olive oil</p>	<p>Lime vinaigrette ¼ cup fresh lime juice 1 garlic clove chopped ½ tsp honey Sea salt & pepper to taste 6 Tbsp olive oil</p>

*Pita chips: Heat oven to 400° F. Separate pita & cut each pita half into about 8 triangles. On a baking sheet, using a silicone brush, very lightly coat with olive oil. Add ¼ teaspoon salt. Bake, tossing once, until golden and crisp, about 7 minutes.