




## DIY SALAD

 Serves: 1

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## Nutrition Per Serve

- Calories: 454 kcal
  - Protein: 37 g
  - Carbohydrate: 14 g
  - Fat: 26 g
  - Fibre: 7 g
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## Ingredients

### Salad

- Chicken, cooked & shredded: 100 g
- Mixed salad greens: 1 cup
- Cucumber: 1/4 cup
- Carrot: 1
- Cherry tomatoes: 5
- Capsicum: 1/4
- Pumpkin seeds: 1 T
- Feta cheese: 30 g

### Dressing

- Olive oil: 1 tsp
  - Apple cider vinegar: 1 tsp
  - Lemon juice: 1 tsp
  - Dijon mustard: 1/2 tsp
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## Method

- Slice, dice, grate your veges and add to a bowl
- Top with chicken or alternative protein, pumpkin seeds or alternative seeds and feta/halloumi or 1/4 avocado
- Mix dressings ingredients and drizzle over salad

NB: the idea of this salad is to be flexible so that you can choose your own salad ingredients depending on what you prefer/feel like (see Tips & Substitutions)

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## Tips & Substitutions

- Protein ideas: 100 g cooked shredded chicken (raw weight approximately 125 g), 100 g smoked salmon or cold meat, 95 g tuna + a boiled egg
  - Mixed salad leaves can be swapped for baby spinach leaves, rocket or chopped red or green cabbage (or a combination of these equating to 1 cup or can be increased to 1.5 cups if you are feeling quite hungry)
  - Pumpkin seeds can be substituted with 1 T sunflower seeds (or a mixture of the two), or 1.5 T hemp seeds
  - Feta cheese can be swapped out with 30 g halloumi or 1/4 of an avocado
  - Dressing: balsamic vinegar can be used instead of apple cider vinegar or you can use 2 tablespoons of hummus + 1 tablespoon lemon juice, or 2 tablespoons Greek yoghurt with 1 tablespoon lemon juice and 1/2 tsp dijon mustard. Also see additional resource 'Dressings' for extra ideas
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### Gluten Free

### Dairy Free