

# How to build a **MAIN COURSE SALAD**

[www.ellenpetrosinoRD.com](http://www.ellenpetrosinoRD.com)

## **Protein**

Chicken  
Eggs  
Fish  
Beans  
Tofu

## **Flavor Booster**

Lemon/lime  
Soy sauce  
Hot sauce

## **Dressing**

Oil & Vinegar  
Balsamic  
Vinaigrette



## **Greens**

Romaine  
Mixed Greens  
Kale  
Spinach

## **Crunch**

Walnuts  
Almonds  
Sunflower Seeds

## **Vegetables**

Asparagus  
Beets  
Broccoli  
Carrots  
Peppers  
Tomatoes  
Zucchini

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