



LINDGREN
functional medicine

HOW TO BUILD A JAR SALAD



FLAVOR COMBOS

- balsamic vinaigrette + chicken + goat cheese + beets + walnuts
- soy sauce/oil/rice vinegar + salmon + cucumber + kimchi + almonds
- honey mustard dressing + sardines + olives + sprouts + sweet potato
- poppyseed dressing + quinoa + swiss + pear + raisins + cashews
- vinaigrette + black beans + tomato + cilantro + avocado + pepitas

5 CRUNCH

- pepitas
 - sunflower seeds
 - walnuts
 - slivered almonds
 - cashews
- make as colorful as possible*

4 NUTRIENT BOOST

- shredded cabbage
- shredded carrots
- sauerkraut/kimchi
- sprouts
- beets
- radish
- avocado
- sweet potato
- red onion
- herbs
- peas
- tomato
- cucumber
- broccoli
- berries
- apple/pear
- citrus
- dried fruit

3 GREENS

- mixed greens
- spinach/arugula
- kale
- dandelion/mustard/collard greens
- romaine/leaf lettuce

2 PROTEIN

- chicken/turkey
 - beef/lamb/pork
 - fish/seafood (*fresh or canned*)
 - quality dairy (*if tolerated*)
 - hard-boiled egg
 - quinoa/beans/lentils
- 25-30g (palm size)*

1 SALAD DRESSING

- olive oil + balsamic vinegar
- olive oil + apple cider vinegar + honey + mustard
- your favorite homemade dressing
- clean store-bought dressing

*combine, shake, &
store in jar*