Private Salad Bar Edition-

You will need some plain plastic Tupperware for storage ahead of time, with a well sealing lid. You can make salads up to five days ahead, but if using salad mix or lettuce you should put it on top to prevent excessive wilting.

PROTEINS

– canned fish such as tuna, sardines, herring, or mackerel

– canned plain chicken

– crumbled or precut cheese, plain, no added ingredients

– plain boiled peeled eggs, can be purchased ready to go

STARCHES

– plain canned organic beans such as chickpeas, black, or kidney beans

– plain frozen precut sweet potato and squash, microwave for three minutes in non-plastic container and let cool

– plain frozen organic corn, microwave for three minutes in non plastic container and cooled

– plain frozen brown rice, microwave for three minutes in non plastic container and cooled

HEALTHY FATS

– precut frozen avocados

– olives, preferably in glass container

– any raw nuts such as almonds, pistachios, raw sunflower seeds, pumpkin seeds, or cashews

VEGETABLES

– mixed greens such as spinach, mixed lettuce, washed and ready to go, preferably organic

– precut plain carrots

– precut cabbage or cabbage mix

– cherry tomatoes

– pea pods or snap peas

– if tolerated, broccoli florets, precut washed cauliflower

– raw Kraut or lacto fermented vegetables

CONDIMENTS

– add olive oil and vinegar the day of planned eating

– beware of pre-made salad dressing because of low quality oils

– can use things such as salsa as a salad dressing substitute, as well as brine from olives

– feel free to add any condiments for taste such as pickles, capers, jalapenos, or sun-dried tomatoes