

the salad matrix

build a tasty, filling, and nutrient-rich salad—a meal all by itself!

1 base

2 veggies

3 protein

4 extras

5 dressing

greens

romaine
spinach
field greens
massaged kale
arugula
watercress
frisée
endive
butterhead

+

tomato*
carrot
red onion
scallions
cucumber
radish
beet
broccoli
bell pepper
olives*
avocado*
mushrooms*
corn
celery
red cabbage
sprouts
cauliflower

* not technically veggies

+

tofu
tempeh
seitan

seeds

sesame
pumpkin
sunflower

nuts

pistachios
cashews
walnuts
almonds
hazelnuts

beans

chickpeas
kidney
black

legumes

peas
edamame
french lentils
peanuts

+

fruit

blueberries
apple
dried cranberries
pomegranate seeds

fresh herbs

basil
cilantro
tarragon
mint
lemon balm
thyme

etc.

coconut "bacon"
croutons
cashew cheese

oils

EV olive
hemp
flax
safflower
walnut

vinegars

balsamic
white wine
umeboshi
apple cider
rice

more

garlic, salt & pepper,
lemon/lime juice,
tahini, miso paste,
tamari, maple syrup,
agave, fresh grated
ginger, mustard,
nutritional yeast,
pomegranate molasses

www.cometparty.com