



Salad

Now that spring is here, and the weather is warming up, salads are in season!

While you may be opting for a lighter lunch as you spring clean your health, it's important to make sure you're still including some good quality carbohydrates, lean protein and healthy fats in your salad! If not, you'll be battling your hunger and that voice in your head saying, "Need more FOOD!"

So what are some good quality carbs you could add to your salad? Why not mix things up by adding some pear, pomegranate, apple or mandarin? Or throw in half a cup of cooked quinoa, cous cous or brown rice. You may be more in the mood for some chickpeas or kidney beans. Feeling adventurous? Try adding baked sweet potato!

As far as protein is concerned, you may like to cook some extra chicken or beef at dinner, which you can set aside for tomorrow's salad. Or hard-boil an egg to pack with lunch. If you want to keep it simple go for some canned tuna or salmon.

Top your salad off with some avocado, olives, olive oil, lemon juice, balsamic vinegar, crushed nuts and/or seeds.

Get creative and experiment with different flavours!

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