



SALAD BUILDER

NO MONEY
NO TIME

Use our salad builder to create a tasty snack, side salad or complete meal packed full of nutrients.

BUILD A BASE

Choose 1 or a mix of **leafy greens** to build the base for your salad

- Lettuce
- Rocket
- Mixed greens
- Baby spinach
- Kale
- Cabbage



+ COLOUR

Add colour and nutrients with other **vegetables**. Aim for 2-3 types per salad to improve your **dietary variety**

- Tomato
- Mushroom
- Celery
- Cabbage
- Cucumber
- Pumpkin
- Peas
- Radish
- Capsicum
- Sprouts
- Broccoli
- Onion
- Beetroot
- Fennel
- Asparagus
- Edamame
- Carrot
- Cucumber
- Onion



+ TASTE & TEXTURE

Make friends with salad by adding **flavour** and **crunch** with 1 or 2 of these ingredients

flavour

- Avocado
- Olives
- Spring onion
- Chilli
- Cheese (feta, goats cheese, bocconcini, mozzarella, halloumi)
- Fresh herbs (parsley, mint, chives, basil, thyme, coriander, dill)

crunch

- Nuts (walnuts, almonds, pistachios, peanuts)
- Seeds (pine nuts, sesame seeds, sunflower seeds, pepitas)
- Dried/baked wholemeal/sourdough breadcrumbs
- Toasted coconut

Add a little extra sweetness by adding fruit!

- Pear
- Apple
- Grapes
- Pomegranate
- Orange
- Blueberries
- Cranberries
- Pineapple
- Mango
- Watermelon



DRESS IT UP

Finish it off with one of these lighter, better-for-you dressings!

- Extra virgin olive oil
- Citrus - lemon, lime
- Greek/natural yoghurt
- Reduced-fat mayo
- Vinegar
- Labneh
- [NMNT Herby Yoghurt Sauce](#)
- [NMNT Basil & Mint Yoghurt](#)
- [NMNT Salsa Verde](#)
- [NMNT Roast Capsicum Sauce](#)
- [Greek Tzatziki](#)



MAKE IT A MEAL

Include a source of **lean protein**, a serve of **grains** or **starchy veg** for a meal that will keep you fuller for longer

protein

- Egg
- Beef
- Chicken
- Pork
- Seafood e.g. prawns
- Fish e.g. tuna & salmon
- Tofu
- Falafel
- Legumes e.g. lentils, chickpeas, cannellini beans

grains

- Pasta
- Rice
- Rice noodles
- Quinoa
- Pearl barley
- Cous cous

starchy veg

- Potato
- Sweet potato
- Corn

