

# HOW TO PREP SALADS FOR THE WHOLE WEEK

The key to keeping your lunch routine fresh is to change it up. Use this chart to pick ingredients for a week's worth of salads—use the layering ideas, or mix and match your favorites. Add all the layers, or just some of them—it's up to you! Start with the heavy ingredients and veggies with high water content at the bottom and work your way up. Then, use the Quick Guide to Layering Salads to make your meal.

## PICK YOUR SALAD

### DRESSING

For each salad:  
2 tbsp  
For the week:  
1 cup

#### SPINACH



Creamy Poppy Seed

#### MEDITERRANEAN

Italian Vinaigrette



#### CAESAR



Caesar

#### SOUTHWEST

Ranch



#### ASIAN



Asian Vinaigrette

### TOPPINGS

For each salad:  
2–4 tbsp  
For the week:  
⅔ cups



Granola

Nuts or seeds  
(pine nuts, almonds, walnuts...)



Croutons

Tortilla strips  
(or crushed chips)



Chow mein noodles



Dried fruit  
(cranberries, cherries...)

Sliced olives  
(Kalamata, black, green...)



Cheese  
(Parmesan, blue, feta, cheddar...)

Real bacon bits



Fresh herbs  
(cilantro, basil, parsley...)

### PROTEIN

For each salad:  
3 oz cooked  
For the week:  
15 oz cooked



Turkey

Fish  
(salmon, tuna, shrimp...)



Hard-boiled eggs

Chicken



Tofu

### GREENS

For each salad:  
1½ cups  
For the week:  
8 cups



Spinach

Kale



Romaine

Arugula



Cabbage  
(red, Napa...)

### DELICATE VEGGIES

For each salad:  
½–1 cups total  
(delicate and hearty &  
juicy veggies combined)  
For the week:  
2½–5 cups



Berries

Onions



Grilled asparagus

Avocado



Carrots

### HEARTY & JUICY VEGGIES

**Tip:** Put veggies with high water content near the bottom of your jar to keep greens and toppings from getting soggy.



Beets

Cucumber



Broccoli or cauliflower

Tomatoes



Bell pepper

### GRAINS & BEANS

For each salad:  
¼–½ cup  
For the week:  
1¼–2½ cups



Chickpeas



Black beans



# QUICK GUIDE *to layered* SALADS

*Say goodbye  
to soggy salads  
and drive-thru  
drama.*

A Make & Take salad has the perfect mix of fresh produce, filling protein, and flavorful extras. We've been practicing our layering skills, and we have the method down—check it out and see what lunchtime creations you come up with!

↑ DRESSING GOES HERE 2 TBSP

*leave room to shake*

**TOPPINGS & PROTEIN**  
ADD THESE THE DAY YOU'RE EATING!

2-4 TBSP

3 OZ COOKED

**GREENS**

1½ CUPS

**DELICATE VEGGIES**

½-1 CUP

**hearty & juicy VEGGIES**

↑ **GRAINS & BEANS** ↑

¼-½ CUP

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Contact me today!

learn more about  
layered salads on **BLOG.PAMPEREDCHEF.COM**