



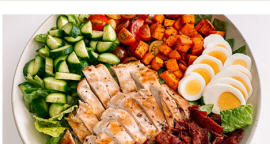





HIGH-PROTEIN SALADS WITH CHICKEN & BEEF

	RECIPE	PROTEIN
	Waldorf Chicken Salad	27 Grams
	Thai-Inspired Chicken Quinoa Salad	45 Grams
	Greek Chicken Salad	50 Grams
	Creamy BBQ Chicken Salad	27 Grams
	Cobb Salad	40 Grams
	Pesto Chicken Salad	28 Grams
	Steak and Farro Salad	42 Grams
	Thai Beef Salad	27 Grams

HIGH-PROTEIN SALADS WITH FISH

RECIPE

PROTEIN



Superfood Salmon Salad

**32
Grams**



Tuna Salad

**39
Grams**



Grilled Shrimp Detox Salad

**27
Grams**

HIGH-PROTEIN SALADS

GRAIN-BASED

RECIPE

PROTEIN



**Blueberry & Kale
Quinoa Salad**

**30
Grams**



Miso Crunch Salad

**30.4
Grams**



Arugula Quinoa Salad

**20.9
Grams**

HIGH-PROTEIN SALADS

VEGAN & PLANT-BASED

RECIPE

PROTEIN



Vegan Cobb Salad

**19
Grams**



Green Goddess Salad

**21
Grams**



No-Lettuce Salad

**24
Grams**