

D.I.Y. SALAD BAR

How you build your salad depends on whether you're at a restaurant, or at a salad bar.



PICK YOUR LETTUCE

■ Iceberg	1 cup (16 oz)
■ Butterhead	1 cup (16 oz)
■ Romaine	1 cup (16 oz)
■ Curly leaf lettuce	1 cup (16 oz)

ADD PROTEIN

■ Grilled chicken, cubed	2 cup (16 oz) salad
■ Grilled shrimp, cubed	2 cup (16 oz) salad
■ Cooked ground chicken or turkey, 10% fat	1 cup (16 oz) salad
■ Cooked ground beef, 10% fat	1 cup (16 oz) salad
■ Cooked ground turkey, 10% fat	1 cup (16 oz) salad
■ Cooked ground pork, 10% fat	1 cup (16 oz) salad
■ Hard-boiled egg	1 egg
■ Hard-boiled egg whites	1 cup
■ Shredded cheddar cheese, cubed	1 cup (16 oz) salad
■ Tuna, 5 oz can	1 cup (16 oz) salad
■ Tuna, 5 oz can with oil	1 cup (16 oz) salad
■ Tuna, 5 oz can with oil, drained	1 cup (16 oz) salad

ADD VEGGIES

■ Broccoli	1 cup (16 oz) salad
■ Cauliflower	1 cup (16 oz) salad
■ Carrots	1 cup (16 oz) salad
■ Cucumber	1 cup (16 oz) salad
■ Green beans	1 cup (16 oz) salad
■ Kale	1 cup (16 oz) salad
■ Peas	1 cup (16 oz) salad
■ Spinach	1 cup (16 oz) salad
■ Sweet potatoes	1 cup (16 oz) salad
■ Tomatoes	1 cup (16 oz) salad
■ Zucchini	1 cup (16 oz) salad

VEGGIES CONTINUED

■ Asparagus	1 cup (16 oz) salad
■ Bell peppers	1 cup (16 oz) salad
■ Broccoli	1 cup (16 oz) salad
■ Brussels sprouts	1 cup (16 oz) salad
■ Cauliflower	1 cup (16 oz) salad
■ Carrots	1 cup (16 oz) salad
■ Cucumber	1 cup (16 oz) salad
■ Green beans	1 cup (16 oz) salad
■ Kale	1 cup (16 oz) salad
■ Peas	1 cup (16 oz) salad
■ Spinach	1 cup (16 oz) salad
■ Sweet potatoes	1 cup (16 oz) salad
■ Tomatoes	1 cup (16 oz) salad
■ Zucchini	1 cup (16 oz) salad

MAKE IT FILLING

■ Avocado	1 cup (16 oz) salad
■ Bacon	1 cup (16 oz) salad
■ Cheddar cheese, cubed	1 cup (16 oz) salad
■ Cheddar cheese, shredded	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 2% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 4% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 10% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 15% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 20% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 25% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 30% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 35% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 40% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 45% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 50% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 55% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 60% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 65% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 70% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 75% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 80% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 85% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 90% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 95% fat	1 cup (16 oz) salad
■ Cheddar cheese, shredded, 100% fat	1 cup (16 oz) salad

TOSS WITH DRESSING

■ Balsamic Vinaigrette	2 Tbsp
■ Blue Cheese Vinaigrette	2 Tbsp
■ Lemon-Tangerine Vinaigrette	2 Tbsp
■ Creamy Cilantro Dressing	2 Tbsp
■ Creamy Vinaigrette	2 Tbsp

Insanity Nutrition Guide

R Pring



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