# FUHRMAN FORMULA FOR

# **The Perfect Salad**

# START WITH A BIG PILE OF LEAFY LETTUCE

# **Pick from each category**

# **CRUCIFEROUS SUPERFOODS**

• Shredded Kale

Watercress

• Arugula

- Shredded cabbage (red, green, savoy or Napa)
- Baby Bok Choy
- Collards
- Broccoli
  Couliflow
- Cauliflower

- Beans (red, black, chickpeas lentils, edamame)
- Lightly-cooked mushrooms
- Tomatoes

- ADD-INS
- Peppers
- Corn
- Carrots and beets (shredded raw or cooked)
- Zucchini

- Avocado
- Tofu
- Sprouts
- Peas (fresh or frozen)

## **ONION FAMILY**

- Red or yellow onions
- Scallions

- Shallots
- Roasted garlic

## NUT/SEED BASED DRESSING

 Make your own (see the perfect dressing)  Use a bottled dressing (which has little or no oil and is low in sodium)  Use one of Dr.Fuhrman's pre-made salad dressings

DO ONE GOOD THING FOR YOURSELF EVERYDAY: MAKE SALAD YOUR MAIN DISH.

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FUHRMAN FORMULA FOR

# **The Perfect Dressing**

# **MAKES 4 SERVINGS OF DRESSING**

# **Pick from each category**

# **HEALTHY FATS**

CHOOSE ONE

- $\frac{1}{4} \frac{1}{2}$  cup raw nuts
- $\frac{1}{4}-\frac{1}{2}$  cup raw seeds

• <sup>1</sup>/<sub>4</sub> cup flavored vinegar

• <sup>1</sup>/<sub>4</sub> cup balsamic vinegar

- <sup>1</sup>/<sub>4</sub>-<sup>1</sup>/<sub>2</sub> cup raw seeds/nuts (combination)
- 1/4-1/2 cup raw nut or seed butter
- 1 ripe avocado

## SPI ASH OF TABTNESS

CHOOSE ONE

- <sup>1</sup>/<sub>4</sub> cup lemon juice
- <sup>1</sup>/<sub>4</sub> cup wine vinegar

#### FRUIT CHOOSE ONE

- 4 regular dates or 2 mediool dates
- 1 cup berries
- 1 cup apples
- 1 cup oranges
  - 2 tbsp raisins

## LIQUIDS

#### ADD ENOUGH TO ACHIEVE DESIRED CONSISTENCY

- Water
- Carrot iuice
- Unsweetened sov milk
- Unsweetened hemp milk
- Unsweetened almond milk
- Pasta sauce or tomato sauce (no-salt)

#### **FLAVORS** CHOOSE AS MANY AS YOUR TASTE BUDS DESIRE

- Garlic (1 bulb or 8 cloves roasted) Dried herbs (1/4 to 1 tsp)
- Mustard (1 tsp)
- Fresh herbs (1 to 2 tsp)
- - Onion powder (1/2 to 1 tsp)
- Black pepper (to taste)
- No-salt seasoning (1/2 to 1 tsp) Cayenne pepper (to taste)

#### COMBINE YOUR SELECTIONS IN A HIGH-POWERED BLENDER

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# **ENJOY THIS RECIPE**

#### TEX-MEX SALAD WITH EASY AVOCADO DRESSING

#### **INGREDIENTS FOR THE SALAD:**

- 6 cups romaine lettuce, chopped
- 4 cups mixed baby greens
- 1 cup cooked black beans
- 1 cup frozen, thawed corn kernels
- 1 medium tomato, chopped
- 1/4 cup chopped red onion

#### **INGREDIENTS FOR THE DRESSING:**

- 1 ripe avocado, peeled, pit removed
- 1/2 lime, juiced
- 1 small clove garlic, chopped
- 1 tablespoon nutritional yeast
- Pinch of cayenne pepper, or more to taste

### **INSTRUCTIONS:**

Place dressing ingredients in a blender or food processor and blend until smooth.

Combine salad ingredients in a large bowl and toss with desired amount of dressing.

**SERVES: 2** 

# **ENJOY THIS RECIPE**



# ORANGE PEANUT DRESSING

## **INGREDIENTS**

- 2 oranges, peeled and seeded
- 1/4 cup rice vinegar
- 1/8 cup peanut butter, no salt added
- 1/8 cup raw cashew butter or almond butter
- 1 teaspoon Bragg Liquid Aminos or low sodium soy sauce
- 1/4 inch piece fresh ginger, peeled
- 1/4 clove garlic

## **INSTRUCTIONS:**

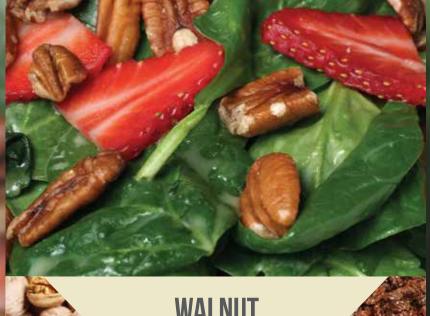
Blend all ingredients in a high-powered blender until smooth.

**SERVES: 4** 

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# **ENJOY THIS RECIPE**



# WALNUT VINAIGRETTE

# **INGREDIENTS**

- 1/4 cup balsamic vinegar
- 1/2 cup water
- 1/4 cup walnuts
- 1/2 cup raisins
- 1 teaspoon Dijon mustard
- 1 small clove garlic

## **INSTRUCTIONS:**

Blend all ingredients in a high-powered blender until smooth.

# **DID YOU KNOW?**

Walnuts contribute a subtle, nutty flavor as well as healthful fat to this salad dressing. They are a particularly good source of omega-3 fatty acids which are important for heart and brain health.

**SERVES: 4** 



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