**Create Your Own Signature Salad!**

Worksheet

First, write your favorites.

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| --- | --- | --- | --- | --- | --- | --- |
| Greens | Protein | Grains | Veggie | Crunch | Sweet | Dressing |
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Now, play with some combinations. Remember to balance fats and sweets.

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| --- | --- | --- | --- | --- | --- | --- |
| Greens | Protein | Grains | Veggie | Crunch | Sweet | Dressing |
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Your Signature Salad

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| --- | --- | --- | --- | --- | --- | --- |
| Greens | Protein | Grains | Veggie | Crunch | Sweet | Dressing |
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