

Healthy Family Healthy You

Create Your Own Signature Salad!

Worksheet

First, write your favorites.

Greens	Protein	Grains	Veggie	Crunch	Sweet	Dressing

Now, play with some combinations. Remember to balance fats and sweets.

Greens	Protein	Grains	Veggie	Crunch	Sweet	Dressing

Your Signature Salad

Greens	Protein	Grains	Veggie	Crunch	Sweet	Dressing