

Alyssa Blue's

5 Min
Salads!



IT HAS BEEN A LONG TIME IN THE MAKING BUT I FINALLY DID IT...

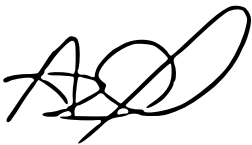
MY FIRST RECIPE EBOOK!

I hope you all enjoy making and eating these salads as much as I enjoyed creating this culmination of my favorites for you!

Thank you to my mom for being the first person to truly help me appreciate my present day love for salads and for being the first to show me how to make a delicious bowl of greens. I have big shoes to fill!

There have been many incredible friends that have contributed their taste buds, hungry bellies, open minds and tasty recipe tweaks inspiring me along the way.

I am forever grateful for encouraging me to continue sharing my passion to educate people's minds and nourish their body's.

A handwritten signature in black ink, appearing to read 'Alyssa Blue', with a stylized flourish at the end.

Alyssa Blue

Simple Greens I

The LO Down



Ingredients

- 5oz Organic Mixed Greens (1 bag)
- 1 Lemon
- Organic Extra Virgin Olive Oil
- Sea Salt
- Organic Black Pepper

Preparation

- Place 2 handfuls (= 5oz bag) of greens into a large salad bowl
- Squeeze ½-1 lemon onto greens
- Pour up to 1 tablespoon oil onto greens
- Salt & pepper to taste
- Mix

Tips

Most versatile salad base to pair with many other fresh ingredients. Try organic persian cucumbers, carrots, radishes or tomatoes.

Rotate different greens for flavor and variety of nutrients. My favorites are Baby Lettuce Spring and Herb Mix.

Best with cold expeller pressed unrefined olive oil

Celtic Sea Salt is a delicious healthy salt packed with naturally occurring minerals

Add a good fat like hemp seeds or avocado to increase the nutritional content, keep you full longer and to buffer the lemon. Feta / goat cheeses in moderation, occasionally, are okay.

<https://5minsalads.com>

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Simple Greens II

Vino Tinto



Ingredients

- 5oz Organic Mixed Greens (1 bag)
- Red Wine Vinegar
- Organic Extra Virgin Olive Oil
- Sea Salt
- Organic Black Pepper

Preparation

- Place 2 handfuls (= 5oz bag) of greens into a large salad bowl
- Pour up to 1 tablespoon vinegar onto greens
- Pour up to 1 tablespoon oil onto greens
- Salt & pepper to taste
- Mix

Tips

Rotate different greens for flavor and variety of nutrients.

Optional nutrient boost add in some chopped green onion, pumpkin seeds, broccoli sprouts and avocado

Best with organic red wine vinegar “with the mother” naturally fermented probiotic.

Simple Greens III

Garlicky



Ingredients

- 5oz Organic Mixed Greens (1 bag)
- 2-4 Garlic Cloves
- Rice Vinegar
- Avocado Oil
- Sea Salt
- Organic Black Pepper

Preparation

- Place 2 handfuls (= 5oz bag) of greens into a large salad bowl
- Press garlic onto greens
- Pour up to 1 tablespoon oil onto greens
- Salt & pepper to taste
- Mix

Tips

Fresh pressed garlic is best. If you do not have a press minced garlic will work

Look for the Maruchan brand with the orange and yellow label

Best with avocado oil because of the neutral flavor profile

Great with sliced avocado and hemp seeds.

Simple Greens IV

Spice it Up



Ingredients

- 5-7oz Organic Arugula (1 bag)
- Red Wine Vinegar
- Organic Extra Virgin Olive Oil
- Organic / Raw Sheep Cheese (optional)
- Sea Salt

Preparation

- Place 2 handfuls (½ - 1bag) of arugula into a large salad bowl
- Pour up to 1 tablespoon vinegar onto greens
- Pour up to 1 tablespoon oil onto greens
- Shred up to 1 tablespoon parmesan
- Salt to taste
- Mix

Tips

Add lean protein and good fat. Delicious with eggs or chicken and avocado.

Dinner Greens I

Gimme a Beet



Ingredients

- 5oz Organic Mixed Greens (1 bag)
- 2-3 Medium Organic Beets
- Pumpkin Seeds
- Organic Herbed Goat Cheese
- Balsamic Vinegar
- Organic Extra Virgin Olive Oil
- Sea Salt
- Organic Black Pepper

Preparation

- Place 2 handfuls (= 5oz bag) of greens into a large salad bowl
- Slice or chop beets
- Crumble up to 2 Tbsp of goat cheese
- Add up to ¼ cup (1 handful) nuts/seeds
- Pour up to 1 tablespoon balsamic vinegar onto greens
- Pour up to 1 tablespoon oil onto greens
- Salt & pepper to taste
- Mix

Tips

Limit Prep time buy beets precooked or make in a pressure cooker (30mins) beforehand

Goat cheese in addition to being delicious has 40% less lactose than dairy from cows, causes less inflammation and is more well tolerated.

Dinner Greens II

“Nice”oise



Ingredients

- 5oz Organic Mixed Greens (1 bag)
- 1 Bag Haricotverts (baby green beans)
- 2 Organic Baby Red Potatoes (optional)
- 2 Organic Hard Boiled Eggs
- 1-2 Organic Persian Cucumbers
- Organic Cherry Tomatoes
- Spiced Mustard (Deli or Dijon)
- Red Wine Vinegar
- Organic Extra Virgin Olive Oil
- 1 Jar Caper, Kalamata Olives, Thyme
- Celtic Sea Salt & Organic Black Pepper

Preparation

- Place 2 handfuls (= 5oz bag) of greens into a large salad bowl
- Add 1 handful (1 cup) haricot verts & kalamata olives
- Slice cucumbers, eggs, potatoes & tomatoes
- Mix up to 1 tablespoon vinegar, mustard capers & thyme together
- Pour up to 1 tablespoon oil onto greens
- Salt & pepper to taste

Tips

Limit Prep boil eggs & potatoes together & baby green beans beforehand.

Great with Wild Sockeye Salmon or Seared Ahi Tuna.

Dinner Greens III

Kale-icious



Ingredients

- 5oz Organic Baby Kale (1 bag)
- 1 Organic Red Bell Pepper (or 5-6 minis)
- Whole Organic Cranberries
- 1 Bag Pinenuts (Pignolias)
- 1 Lemon
- Organic Apple Cider Vinegar (ACV)
- Organic Extra Virgin Olive Oil
- Sea Salt

Preparation

- Place 2 handfuls (= 5oz bag) of greens into a large salad bowl
- Slice or chop bell pepper
- Sprinkle up to ¼ cup cranberries
- Add up to ¼ cup pinenuts
- Pour 1 capful ACV onto greens
- Squeeze ½-1 lemon to taste
- Pour up to 1 tablespoon oil onto greens
- Salt to taste
- Mix

Tips

Great with diced organic chicken breast or a can of tuna.

Dinner Greens IV

ArugUooogula



Ingredients

- 5-7oz Organic Arugula (1 bag)
- 1 Can Organic Cannellini / White Great Northern Beans (rinsed thoroughly)
- 1 Jar Marinated Artichokes
- 1 Avocado
- 1 Lemon
- Organic Extra Virgin Olive Oil
- Sea Salt

Preparation

- Place 2 handfuls (½ - 1bag) of arugula into a large salad bowl
- Add ½-1 can of beans
- Add 5-7 artichoke pieces
- Slice ½-1 avocado
- Squeeze ½-1 lemon onto greens
- Pour up to 1 tablespoon oil onto greens
- Salt to taste
- Mix

Tips

Sprinkle on nutritional yeast for an explosion of vegan cheesy flavor and boost of vitamin B's!

No need for pepper as arugula is a spicy green.

Dinner Greens V

Heyyy Caesar



Ingredients

- Diced Romaine (5oz bag)
- Organic / Raw Sheep Parmesan
- Whole Garlic or minced
- 1 Organic Pastured Egg
- 1 Lemon
- Worcestershire Sauce
- Dijon or Deli Mustard
- Organic Extra Virgin Olive Oil
- Sea Salt
- Organic Black Pepper
- Optional Add Anchovies and/or Organic Chicken

Preparation

- Add Egg Yolk (Separate out egg white)
- Add up to 1 tablespoon Mustard
- Squeeze ½ of a lemon
- 2-4 cloves garlic chopped (1tsp minced)
- Up to 1 teaspoon worcestershire sauce
- Dice 1-2 Heads of Lettuce (or 5oz bag)
- Shred up to 2 tablespoons parmesan
- Pour up to 1 tablespoon oil onto greens
- Salt & pepper to taste
- Mix

Tips

Limit prep time buy cooked chopped chicken breast or bake/grill beforehand.

Dinner Greens VI

PHAToush



Ingredients

- Organic Cucumber
- Organic Tomato
- Organic Green Bell Pepper (optional)
- 1 Organic Onion
- 1 Lemon
- Organic Extra Virgin Olive Oil
- Sea Salt
- Organic Black Pepper
- Organic Sumac
- Dried Mint

Preparation

- Add Egg Yolk (Separate out egg white)
- Add up to 1 tablespoon Mustard
- Squeeze ½ of a lemon
- Pour up to 1 tablespoon oil onto greens
- Spice to taste
- Mix

Tips

Persian cucumbers are my favorite because of their crunchiness

Sub scallion for yellow onion if sensitive

Omit green bell peppers or sub for yellow/red if preferred

Garnish with parsley sprigs for extra nutrition and herbaceous flavor

About the Author

Alyssa has been passionate about health and wellness since she was a young girl. As a nationally competitive gymnast she pushed her body to its physical limits. In her early twenties she began training for and competing in fitness competitions. This is when she first learned about the importance of utilizing food as fuel, however it was not until after a health crisis she learned that the food was more than that. What is one person's medicine is another's poison. The body has the ability to heal and food has the power to help the body in this regeneration process. It is Alyssa's mission to educate as many as she can and share delicious recipes that nourish us...mind, body and soul!

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