



Personalised Nutrition and Dietary Solutions

SUE'S OUTSIDE THE SQUARE SALAD

1. Any amount of your old favorites, for example:
 - Mixed lettuce leaves
 - Tomato – try whole grape or cherry
 - Cucumber – try diced Lebanese
 - Shallots or Spanish onion
 - Carrot
 - Beetroot – try fresh diced baby beets
 - Avocado – max ¼ per person
 - Olives – max 6 per person
2. Add any that you like from the following – maybe some you haven't tried
 - Every sprout you can find (e.g. pea sprouts, alfalfa, mung beans)
 - Snow-peas
 - Whole green beans
 - Baby spinach or baby rocket leaves
 - Chopped fresh “soft” herbs like basil
3. Add a quarter of a cup per person of diced cheese (try feta cheese, blue cheese or shaved parmesan), or your favourite fish (for example smoked salmon or tinned tuna in spring water or olive oil – NOTE: avoid fish in brine or un-named oils like vegetable oil)
4. Add sautéed pumpkin or sautéed sweet potato OR for a fruity twist, try melon (rockmelon or honeydew), pineapple or pear (maximum of a quarter of a cup per person) OR a quarter of a cup of nuts (try walnuts, almonds, or pine nuts)
5. Toss if desired with your favorite low fat dressing (TIP: Why not make your own – per person mix 1tbs balsamic vinegar, the juice of ½ a lemon and 1tbs olive oil)

Why not try these combinations:

- *Rocket, pear, blue cheese and walnuts*
- *Baby spinach leaves, feta, pine nuts and sautéed sweet potato*