

Trim Healthy  
W I S D O M

## Noochy Greens Salad (S)

Salad never gets boring when made the Noochy Greens way. This recipe is just a foundation for all the many ways you can try it. The Noochy Greens is your succulent, tasty base, and then you can use any meat, fish, or egg protein on top (or even try tofu or tempeh if desired).

We can't decide which way we like this salad best... with beef crumbles or with the *Baked Boiled Egg Hack* combined with added bacon bits, or with chicken or fish! The bed of greens is just so tasty that you want to lick the bowl afterward! Nutritional yeast supplies chromium, B vitamins, and so much flavor when combined with the oil and a little bit of mineral salt! Just be sure your nutritional yeast does not contain added synthetic B vitamins, so if you are not using the Trim Healthy brand, check your source. You can read about why added synthetic B vitamins are not the best for your health on page 295 of *Trim Healthy Wisdom*.

Single Serve Full-Meal Salad

### INGREDIENTS:

- Very large bed of leafy greens
- Several generous sprays of olive, avocado, or coconut oil or 1 Tbs of olive or avocado oil
- 3 Tbs [TH Nutritional Yeast](#)
- 1 generous pinch [TH Mineral Salt](#)
- Protein Choice: 4-6 pre-cooked meat or fish or *Baked Boiled Egg Hack* with an added sprinkle of bacon bits or 5 ounces of tofu or tempeh
- Favorite seasonings for sprinkling on protein
- 1 – 2 Tbs favorite nuts or seeds for topping (we enjoy Go Raw brand pumpkin seeds)



## INSTRUCTIONS:

1. Place the greens in your favorite large salad bowl. Add  $\frac{1}{3}$  of the amount of oil, 1 tablespoon of nutritional yeast, and a pinch of salt. Toss well. Follow with another  $\frac{1}{3}$  of the oil and another tablespoon of the nutritional yeast and toss again. Do the same with the remaining amounts of oil and nutritional yeast.
2. Add the pre-cooked meat, fish protein, or *Baked Boiled Egg Hack* plus some bacon bits. If using pre-cooked meat from the fridge, heat it up in a small pan for optimal yumminess. Finally, top with your choice of nuts or seeds.

## Protein Nerd Notes:

The 4 – 6 ounces of meat or fish or the eggs plus added egg whites fully provide all your Protein Nerd Level 3 requirements, although feel free to pair with *Side Protein & Fiber Chocolate Milk* to fill up further. If you don't want to make the *Baked Boiled Egg Hack*, you can always just have two boiled eggs plus  $\frac{1}{2}$  cups of cottage cheese for your extra protein... or use a half serving of one of our Optimized Protein Powders.