

Trim Healthy
W I S D O M

Nitric Oxide Salad (E or XO)

(S - The following salad might have to be my favorite salad of all time. Many times, I choose to leave off the chicken and, instead, have a protein drink on the side as I really love to focus more on the huge amount of my Better Than Pearl's Beets in it than anything else. I eat this as an XO with a larger amount of walnuts, but it is still delicious as an E, too.

Nitric oxide keeps your cardiovascular system at peak performance. It aids sexual and mental health, energy metabolism, and muscle pump. This combination of arugula (or other dark leafy greens), beets, walnuts, and pomegranates is one of the best nitric oxide-boosting foods. The synergy of all of them combined packs a powerful nitric oxide punch.

P.S. Make sure you are not a fluoride toothpaste or antibacterial mouthwash type of girl, as they both destroy the oral microbiome that is responsible for turning these foods into usable nitric oxide in the body.)

Single Serve

INGREDIENTS:

- Large bed of arugula (or other desired dark leafy greens)
- Very large serving *Better Than Pearl's Beets*
- 2 - 4 Tbs L. reuteri soft cheese chunks (see note below) OR 2 Tbs low-fat feta for E OR 2 Tbs goat cheese crumbles for XO
- 1 Tbs raw walnuts (chopped, 1 Tbs for E or 2 Tbs for XO)
- 1 handful pomegranate seeds (optional)
- 1 large fresh lemon (use the juice only)
- [TH Mineral Salt](#) (to taste)
- black pepper (freshly cracked; to taste)



- Up to 4-6 ounces *Bashed Chicken* breast (or other pre-cooked cubed chicken)
- extra virgin olive oil (for drizzling on top; for XO)

INSTRUCTIONS:

1. Place the arugula in your favorite large salad bowl.
2. Add the beets, cheese, nuts, and pomegranate seeds, if using, and then squeeze the juice from the fresh lemon on top of the salad. Season with mineral salt and black pepper. Next, add the optional chicken breast and olive oil if you choose to use it.

Protein Nerd Notes:

If you use the full amount of chicken here, you are all set with your Protein Nerd Level 3 requirements. Alternatively, you can just use a garnish amount of chicken (2-3 ounces) or none at all and get the rest of your protein through a drink on the side containing an optimized protein of your favorite kind.

Other Notes:

For the *L. reuteri* soft cheese chunks in this recipe, you can just pull chunks from your *L. Reuteri Superfood Yogurt*. If you are not making *L. Reuteri Superfood Yogurt*, you can use goat or feta cheese.