

Trim Healthy
W I S D O M

Goats In the Berry Patch Salad (S)

This is a flavor-popping salad full of superfoods. It is a great example of how heaps of leafy greens can fill you up with nuts and cheese without overdoing the density. No oil is used in the dressing, but you don't miss it due to the creaminess of the goat (or feta) cheese and the crunch of the nuts or seeds.

Single Serve Full-Meal Salad

INGREDIENTS:

- Very large amount of leafy greens
- 2 Tbs goat cheese crumbles (or feta crumbles if preferred)
- ¼ cup fresh blueberries (or you can use any fresh or thawed from frozen berries)
- 4-6 ounces *Pearl's Best Ever Salmon* (or pre-cooked chicken; warmed up)
- 1 – 2 Tbs nuts and seeds of choice
- *Faker Aged Balsamic*

INSTRUCTIONS:

1. Make Pearl's Best Ever Salmon.
2. While salmon is baking, Place greens in your favorite large salad bowl, add the Faker Aged Vinegar, and toss well.
3. Once the salmon is cooked, place on the salad, then top with the goat's cheese or feta, nuts or seeds, and blueberries.



Protein Nerd Notes:

All your Protein Nerd Level 3 requirements are fully provided by the 4 – 6 ounces of salmon, although feel free to pair with *Side Protein & Fiber Chocolate Milk* to fill up further.