

DIANE'S SALAD MANNESS

100+ SALAD INSPIRATIONS
& 19 EASY DRESSING RECIPES

New York Times bestselling author of *Practical Paleo*

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HOW I BUILD DROOL-WORTHY SALADS— AND YOU CAN, TOO!

Eating Paleo often means that you're going to pile on the veggies at every meal, so why not get creative with them? Packing tons of nutrition into a salad is always a great idea, but I'm a firm believer in the notion that we eat with our eyes first, so keeping it visually exciting is critical in my world. Bright colors, different shapes and textures, and a bit of pop here and there go a long way towards keeping your senses engaged with a drool worthy salad.

After recent excitement over my salad posts on Instagram (come follow me at [@diane.practicalpaleo!](https://www.instagram.com/diane.practicalpaleo/)), I thought I'd let you all know my basic ideas when I go to build a salad, so here's how I build drool-worthy salads!

1. Start with greens.

I typically use mixed greens, but sometimes romaine, sometimes whatever else looks good or we have on-hand.

If I'm feeling saucy, I may even finely chop some kale and mix it in there... but it needs to be massaged first to soften (and I'd always try to use some fruit to balance the bitterness of it).

2. Add more greens.

If we are well-stocked, I'll add sprouts (like broccoli sprouts, alfalfa sprouts, or pea shoots), micro-greens (like micro cilantro or micro arugula), or herbs (like cilantro or basil) to the salad. These add a great nutritional punch as well as lovely texture to the mix. Sprouts and herbs are some of the most micro-nutrient dense foods ounce for ounce and calorie for calorie.

3. Add colorful veggies.

These can be raw or cooked; I typically do things like carrots, cabbage, bell pepper (even tastier roasted), beets, and tomato. More great nutrients and textures.

4. Add protein.

I try to get at least 4oz of protein on a salad, often more like 5-6oz. I recommend a *minimum* of 3oz and go up from there for your needs. When it makes sense to do so, I like to warm up my protein before placing it on the salad. For me, it seems more satisfying that way and I like the contrast of the warmed protein against the cool, crunchy salad.

Satiety in your salad will be impacted largely by protein, fat, and fiber in the salad, so keeping the protein up is a good idea. When ordering out, ask how much comes on the salad as you may want to ask for double protein.

5. Add fruit (if you like).

I like a little touch of natural sweetness in my salads to balance the acidity of the dressing I'll use (I like acidic dressing!). Some fruit I use often includes: pomegranate seeds, berries, mango, pineapple, apples, and orange segments.

6. Add extra fat and texture.

This is where things like avocado and nuts or seeds come into play. I very often add avocado to a salad as I love the creamy texture it adds as well as the boost of healthy fats and fiber. You can also opt for chopped or slivered nuts or some seeds like sunflower or pepitas (pumpkin seeds).

7. Dressing.

My typical dressing is some variation of the following:

- 1/4 cup extra virgin olive oil
- 1/4 cup acid (vinegar or citrus juice like lemon, lime or orange)
- 1/2-1 tsp mustard
- sea salt
- black pepper
- oregano

Whisked together.

If I'm feeling like kicking it up or making it interesting, I'll add other seasonings like some garlic powder or maybe fresh herbs. If the salad is going to be extra bitter (kale or lots of spicy veggies), I may add a touch of honey or pomegranate molasses to the dressing to mellow it out against the veggies.

If I'm away from home or dining out, I keep it simple with my EVOO, fresh lemon, salt, and pepper.

There you go! All of that goes down very quickly in my head when I go to the fridge to pull things from it for the salad. It's a matter of having ingredients on-hand, and then getting creative with them!

Check out the [#dianessaladmadness](#) hash tag for tons of my salads to get inspiration, and don't forget to join me over on Instagram since I post all of this there, and only a portion of it also here on the [blog](#) or on [Facebook](#).

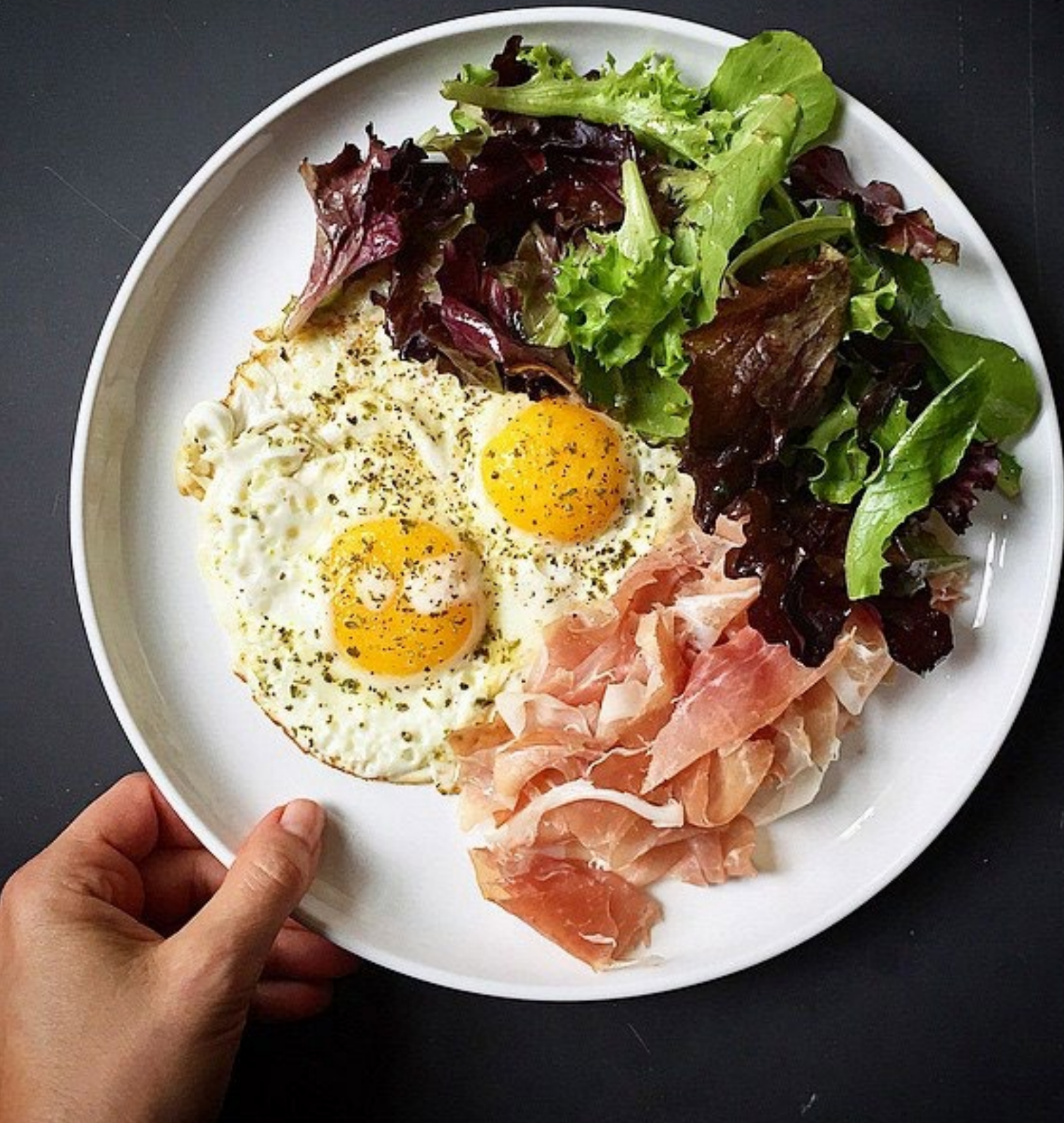
#dianessaladmadness

Want to try the amazingly fresh, rich, and best quality olive oil that I use? Check out [Olio del Cardinale](#), a high quality olive oil that Scott and I have been using personally and loving it!



SALADS FOR BREAKFAST!





mixed greens • dolmas • sunny eggs • prosciutto
dressing: EVOO



mixed greens • arugula • chives • bacon • fried eggs
dressing: pomegranate/balsamic dressing with EVOO

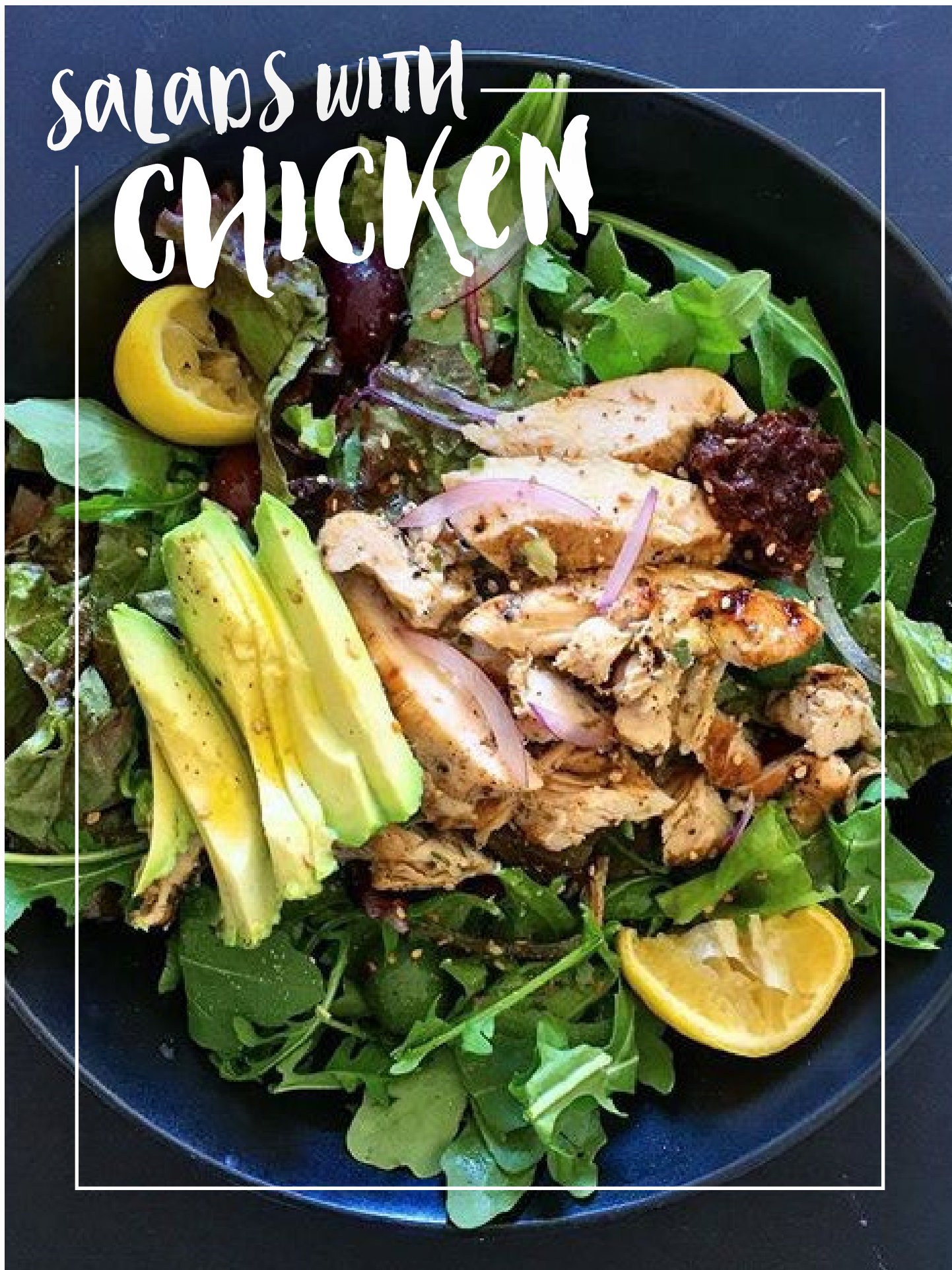


mixed greens • scrambled eggs • prosciutto
dressing: balsamic vinaigrette



romaine • hash browns • bacon • poached eggs • sausage

Salads with Chicken





romaine • baby arugula • chives • beets • carrots • roasted acorn squash (bottom) • grilled chicken • apples (top) • goat cheese
dressing: balsamic vinaigrette



romaine • baby arugula • cucumber • rainbow carrots • heirloom tomatoes • squash (bottom) • kalamata olives • grilled chicken • apples (top)

dressing: EVOO & balsamic



mixed greens • micro greens • cilantro • grilled chicken • mango • raspberries



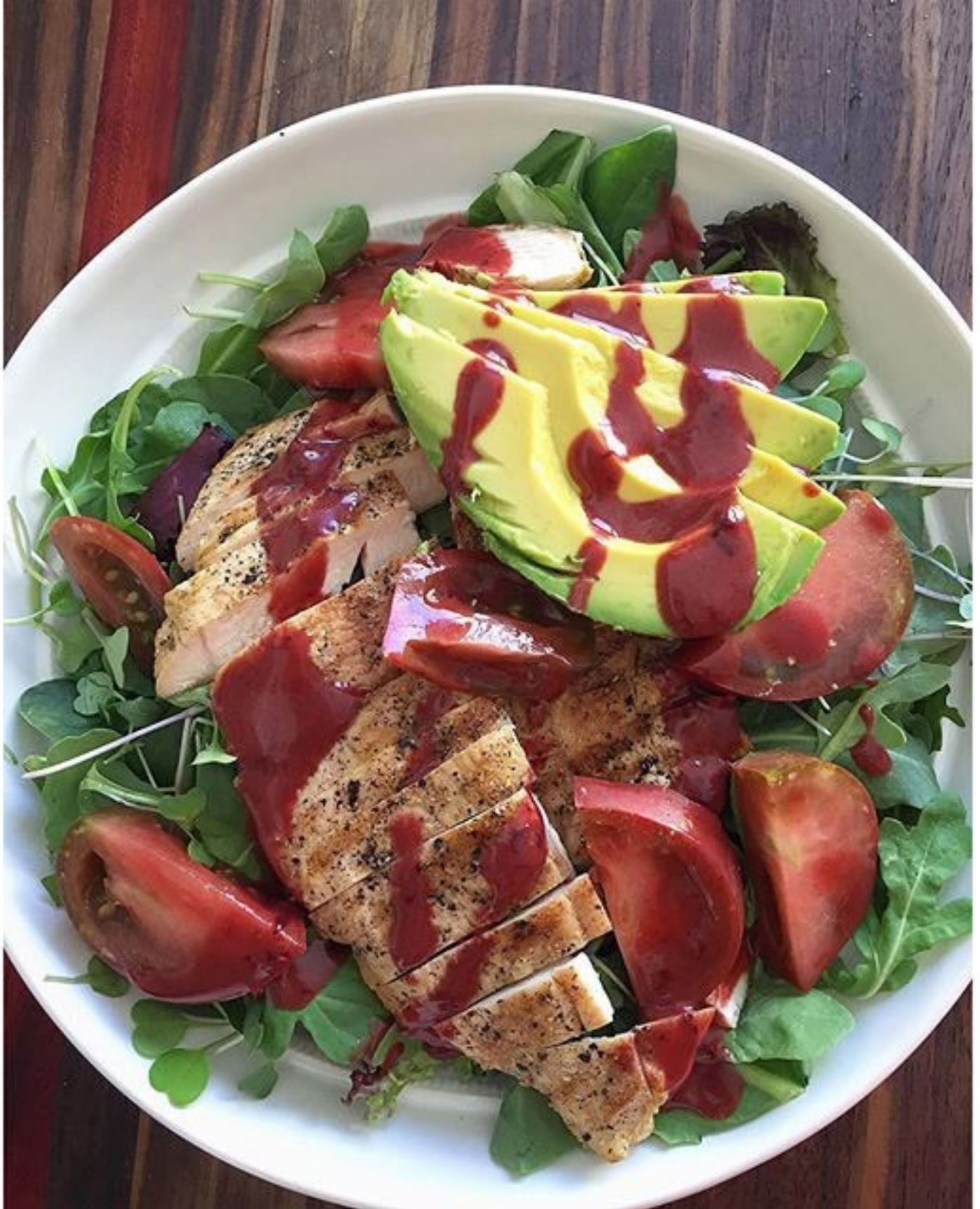
romaine • cilantro • chicken salad with Paleo mayo • mango •
raspberries



romaine • kale • chicken • mango salsa



cabbage • green onion • carrot • mung bean sprouts • cucumber
• sugar snap peas • red bell pepper • shredded chicken
dressing: nut/seed butter, coconut aminos, rice vinegar,
fish sauce, salt & pepper, red pepper flakes, sesame seeds



mixed greens • arugula • micro greens • heirloom tomato • grilled
chicken • avocado
dressing: cherry balsamic vinaigrette



mixed greens • arugula • romaine • cabbage • cilantro • carrot •
chicken • pineapple • black sesame seeds
dressing: peanut sauce with fresh lime juice



mixed greens • baby arugula • cilantro • chives • yellow tomatoes
(bottom) • grilled chicken breast • avocado • pineapple (top)
dressing: EVOO & balsamic



mixed greens • cilantro • chives • carrot • tomato • grilled chicken
breast • figs
dressing: EVOO & balsamic



mixed greens • shredded rainbow carrots • chicken thighs • figs
dressing: EVOO & balsamic



mixed greens • cilantro • chicken • avocado
dressing: EVOO & fresh lemon juice



romaine • baby arugula • chicken thighs (not pictured) • pears (top)
• cherries (bottom) • honey goat cheese • toasted pine nuts
dressing: EVOO & balsamic vinaigrette



mixed greens • roasted red peppers • banana peppers • chicken wings • avocado • sesame seeds
dressing: Tessamae's hot sauce, EVOO & fresh lemon juice



mixed greens • chicken • prosciutto • blueberries
dressing: raspberries, balsamic & EVOO



mixed greens • arugula • beets • artichoke hearts • sun-dried
tomatoes • olives • chicken • blueberries • mango • avocado •
pumpkin seeds



arugula • dolmas • chicken
dressing: EVOO



arugula • mixed greens • dolmas • prosciutto • chicken •
blackberries • pomegranate seeds
dressing: EVOO, lemon & pomegranate molasses



mixed green • roasted asparagus • chicken • mango •
pomegranate seeds • blueberries • avocado
dressing: EVOO vinaigrette



mixed greens • carrot • cucumber • chicken wings
dressing: EVOO vinaigrette



mixed greens • spinach • sprouts • yellow carrots • tomato •
pastured chicken • avocado
dressing: EVOO vinaigrette



micro arugula • red leaf lettuce • snow pea tendrils • warm
chicken • raspberries • avocado
dressing: EVOO & lemon



romaine • shredded carrots • garlic roasted chicken • bacon •
avocado

dressing: Paleo mayo, EVOO & lemon



mixed greens • micro greens • cilantro • roasted peppers •
chicken thighs • avocado • adobo spice blend
dressing: EVOO & lemon



mixed greens • micro greens • chicken salad • blood orange
segments • avocado
dressing: EVOO, lemon, salt & pepper



romaine • organic pea shoots • roasted peppers • chicken breast
• avocado • adobo spice blend
dressing: EVOO & balsamic



mixed greens • micro greens • shredded carrot • cilantro •
chicken • pomegranate seeds
dressing: EVOO & lemon



mixed greens • sprouts • carrot • cherry tomatoes • skillet chicken
thighs • pomegranate seeds • mango • avocado
dressing: EVOO & lemon juice, salt & pepper



greens • red and yellow cherry tomatoes • chicken • clementines
dressing: nut & dairy-free pesto



romaine • warm white rice • warm chicken • avocado
dressing: nut & dairy-free pesto



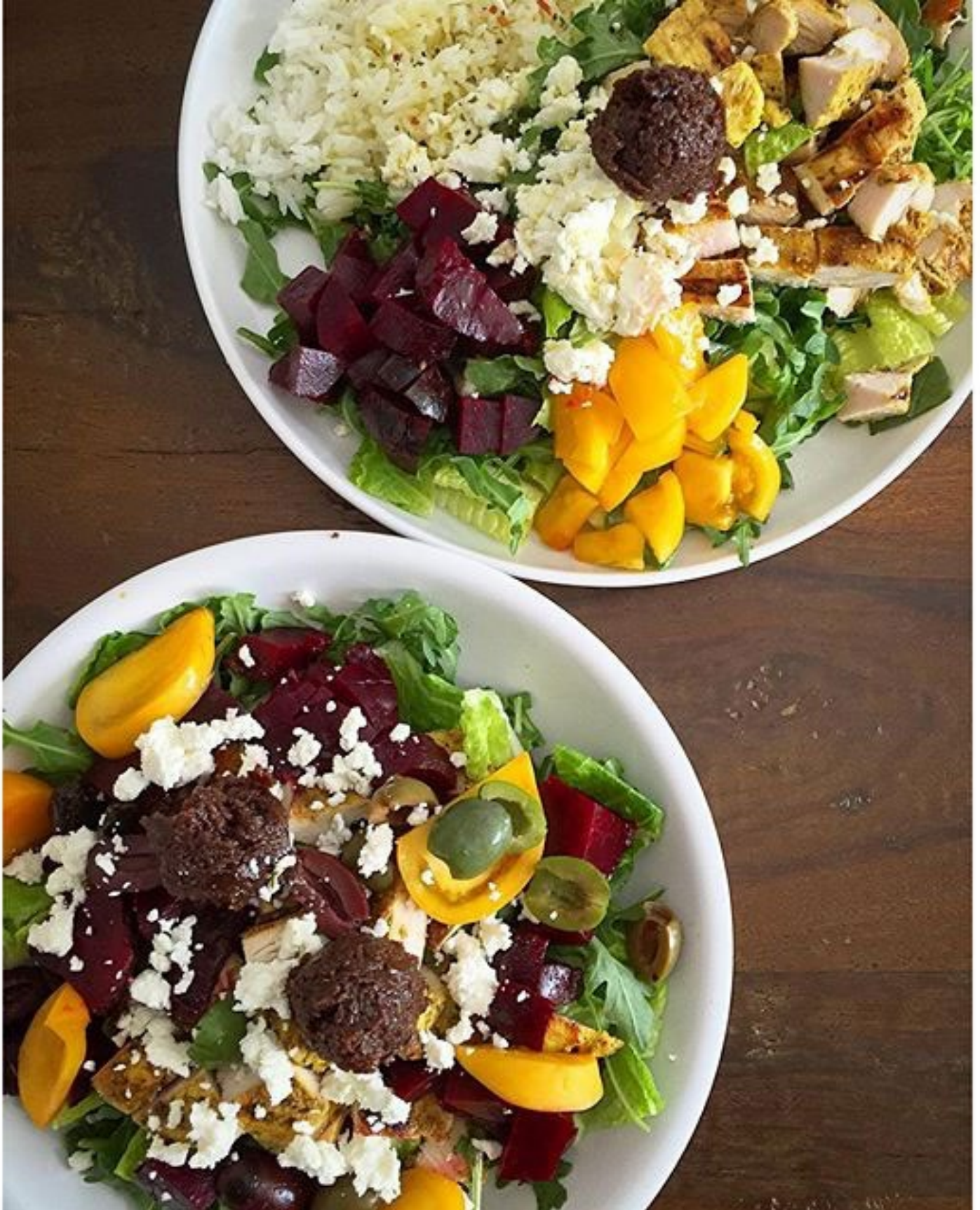
greens • carrots • red bell pepper • chicken
dressing: EVOO & lemon



horiatiki (Greek village salad that's made up of tomatoes • cucumbers • onion • feta cheese • olives) • grilled marinated chicken thighs
dressing: EVOO & oregano



greens • carrots • orange bell pepper • chicken • pomegranate
seeds • avocado
dressing: nut & dairy-free pesto



romaine • baby arugula • rice (top) • yellow heirloom tomato • beets • olives (bottom) • organic chicken breast • olive and fig spread • organic goat cheese
dressing: fig balsamic & EVOO



mixed greens • arugula • dolmas • beets • cucumbers • olives
• grilled chicken • persimmons • fig & olive spread • Greek feta
cheese

dressing: lemon & EVOO



mixed greens • red onion • olives • organic chicken breast •
persimmons • avocado • olive tapenade
dressing: lemon & EVOO



red leaf lettuce • baby arugula • micro greens • olives • grilled
chicken • pomegranate seeds • fire roasted eggplant spread
dressing: lemon & EVOO



baby arugula • sweet potatoes • beets • eggplant slices •
grilled chicken



romaine • cilantro • white rice • pico de gallo • salsa verde chicken
• avocado • lime juice



romaine • beets • Greekified grilled chicken thighs • toasted
seasoned chickpeas • goat Gouda • avocado
dressing: lemon & EVOO



red butter lettuce • arugula • purple potatoes • Greekified grilled chicken • toasted seasoned chickpeas
dressing: lemon & EVOO

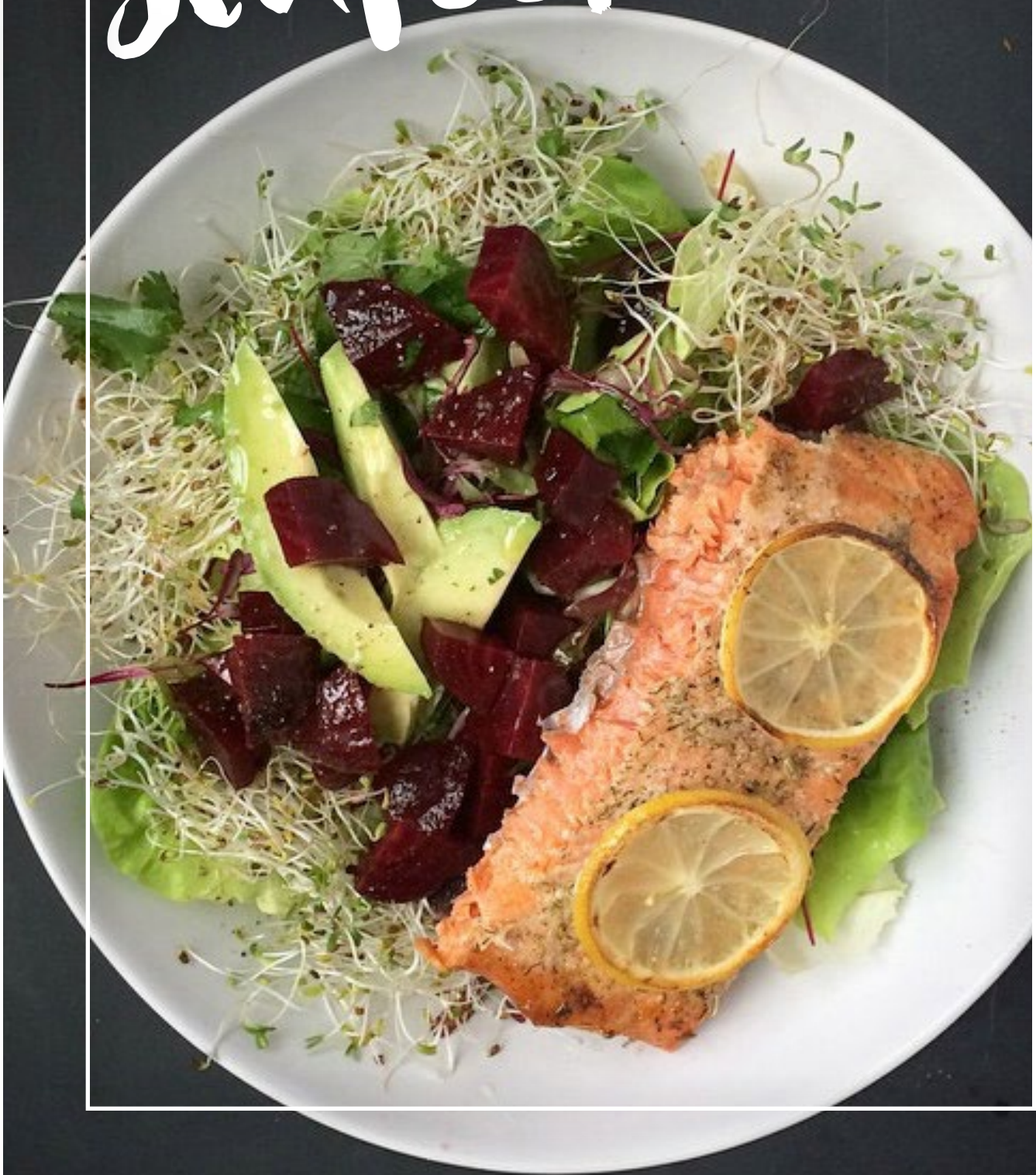


romaine • cherry tomatoes • grilled chicken • blueberries •
goat cheese
dressing: lemon & EVOO



red leaf lettuce • little gem lettuce • heirloom tomatoes •
Greek grilled chicken
dressing: Dairy-free Caesar dressing

Salads with Seafood





mixed greens • micro greens • arugula • baba ganoush (bottom) •
Mediterranean yellow rice • purple and yellow carrots • chicken •
wild canned salmon with Paleo mayo (top)
dressing: EVOO



mixed greens • simple shrimp ceviche from *Practical Paleo*

1 lb cooked, peeled, and deveined
wild shrimp (cooled)

1/4 red bell pepper, finely diced

1/4 orange or yellow bell pepper,
finely diced

1/2 jalapeño pepper, finely diced
(seeds and white ribs removed)

1/4 cup diced raw jicama

1/4 cup diced cucumber (skin-on)

1 tablespoon shallot, finely diced

2 tablespoons cilantro, chopped

2 tablespoons extra-virgin olive oil

juice of 1 lime

juice of 1 lemon

Chop the cooked, cooled shrimp into 1/4-1/2-inch pieces. Combine red bell pepper, orange/yellow bell pepper, jalapeño, jicama, cucumber, shallot, cilantro, olive oil, lime juice, and lemon juice in a large mixing bowl.

Chill the mixture in the refrigerator for 30 minutes before serving.



mixed greens • romaine • cucumber • dolmas • olives • sardines •
avocado

dressing: EVOO, fig vinegar, and Lakonia seasonings



mixed greens • pea shoots • alfalfa sprouts • raddicchio • carrots
• beets • sardines • pineapple • avocado
dressing: fresh lemon juice & EVOO



Diane
SANFILIPPO

cilantro • pea shoots • alfalfa sprouts • carrots • cabbage • bell pepper • snap peas • scallions • shrimp • sesame seeds • rice paper wrappers

sauce: nut/seed butter, coconut aminos, fish sauce, rice vinegar, salt & pepper, scallions, honey



butter/Boston lettuce • cilantro • purple micro green • beets •
alfalfa sprouts • salmon • avocado
dressing: EVOO & lemon

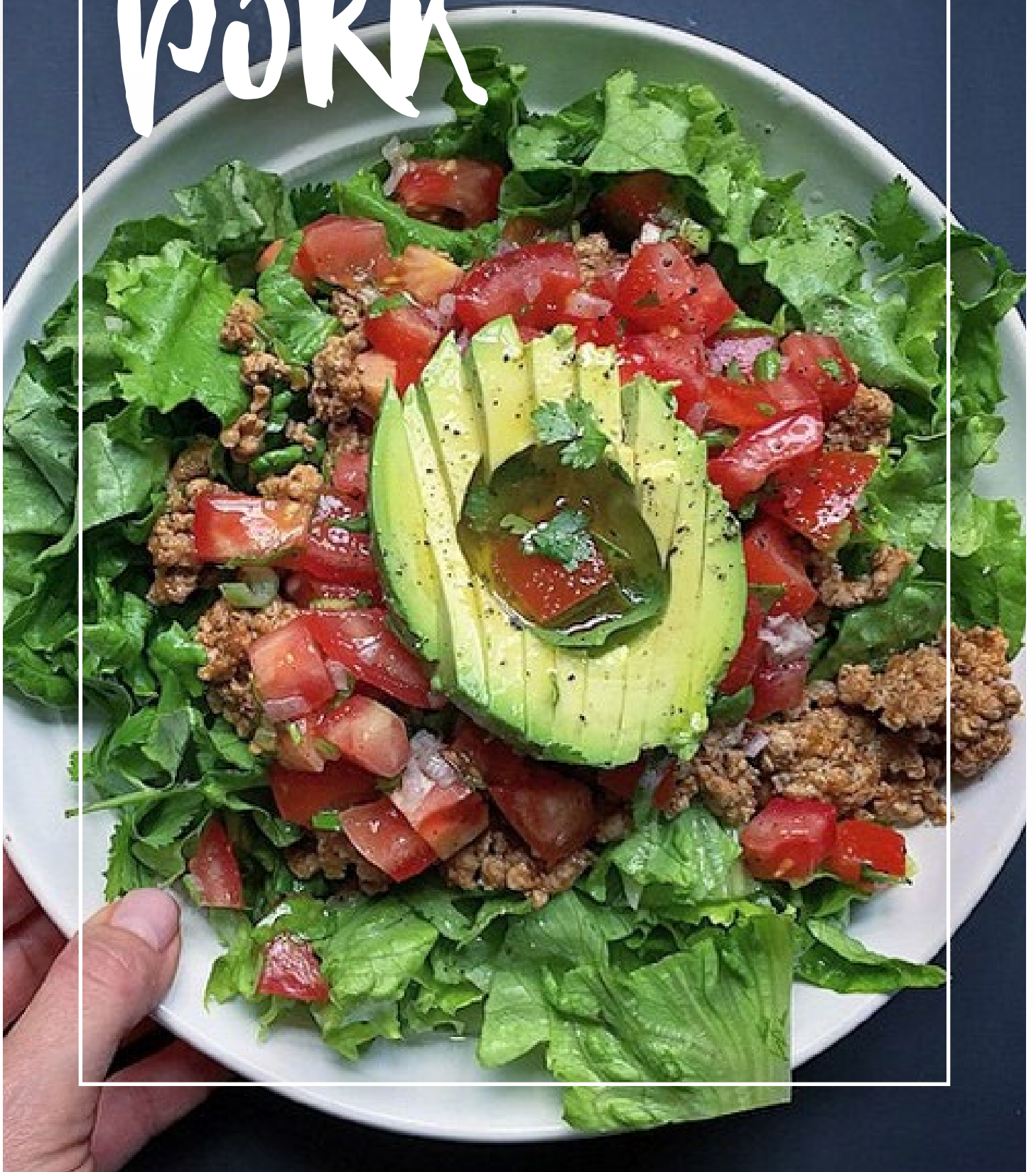


greens • salmon salad
dressing: EVOO



mixed greens • baby potatoes • olives • salmon • pomegranate
seeds • feta cheese
dressing: EVOO

Salads with PORK





mixed greens • heirloom tomatoes • grilled pork chops •
grilled figs



romaine • cilantro • ground pork with taco seasoning from *Practical Paleo* • avocado • grass-fed sour cream • salsa dressing: hot sauce & EVOO



romaine • pork chop • grapes • avocado
dressing: EVOO & fresh lemon juice



green leaf lettuce • cilantro • ground pork cooked with ghee and
taco seasoning • avocado • fresh salsa
dressing: EVOO, fresh lime juice, salt & pepper



romaine • cilantro • micro greens • cabbage • ground pork
seasoned with taco seasoning • avocado
dressing: EVOO & lime vinaigrette



mixed greens • spicy prosciutto • blueberries • pomegranate
seeds • avocado
dressing: EVOO, lemon, salt & pepper



romaine • alfalfa sprouts • horiatiki (village salad) — heirloom
tomatoes, and cucumber • ribs • avocado



mixed greens • beets • prosciutto • figs
dressing: balsamic reduction

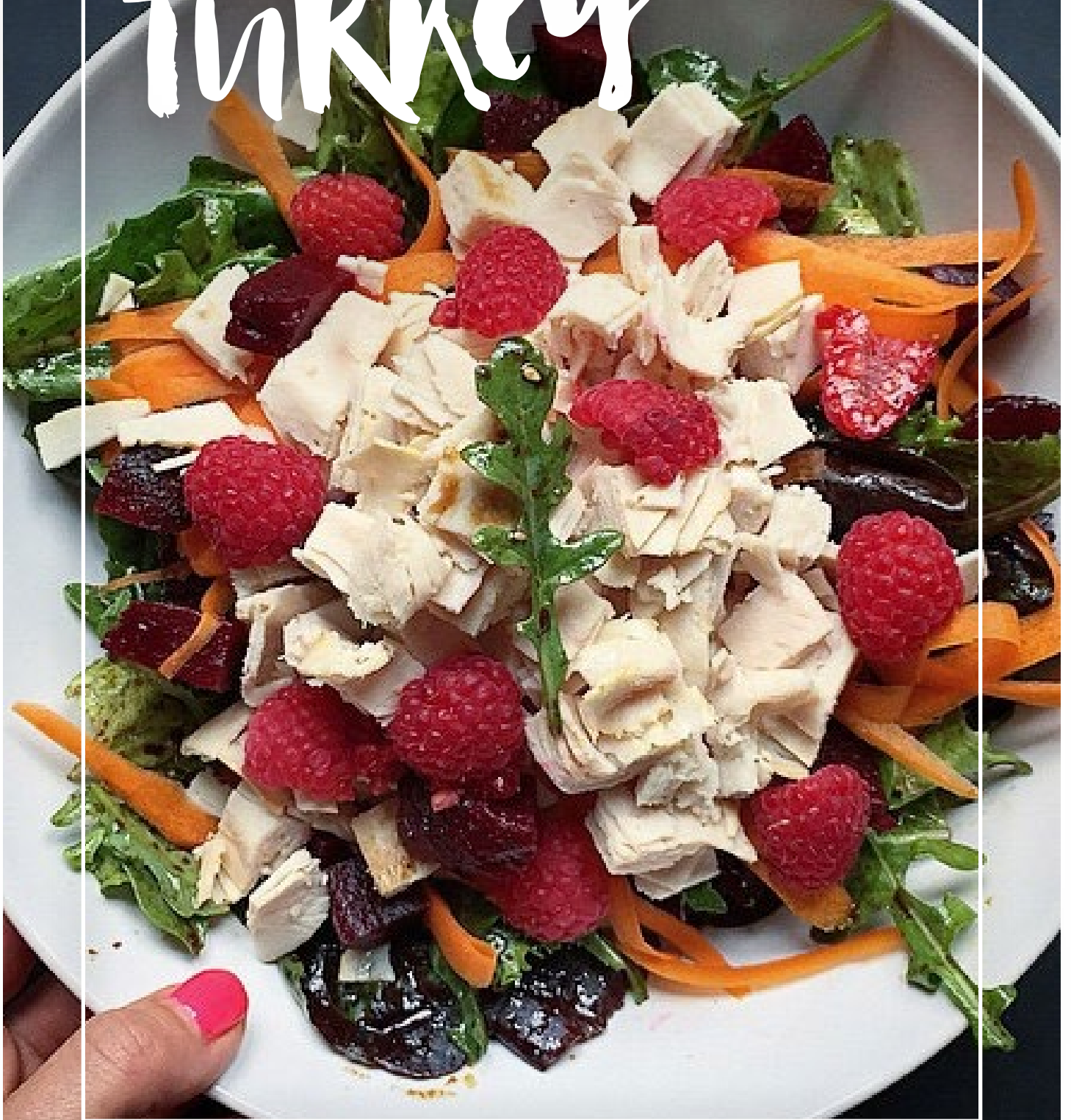


greens • sausage • avocado
dressing: dairy & nut-free basil pesto



greens • carrots • pork • bacon

Salads with TURKEY





greens • sprouts • beets • turkey • prosciutto • apples
dressing: apple cider & cinnamon vinaigrette



mixed greens • pea shoots • purple micro green • alfalfa sprouts •
cilantro • beets • turkey • avocado
dressing: EVOO, lemon juice, salt and pepper



romaine • cucumber • sprouts • turkey • grapes • avocado
dressing: nut & dairy-free pesto, EVOO, and lemon juice



mixed greens • beets • turkey • clementines • figs • avocado
dressing: dairy & nut-free basil pesto, lemon juice & EVOO



mixed greens • shredded carrots • beets • red cabbage • roasted turkey • apple (top) • goat cheese
dressing: balsamic vinaigrette



mixed greens • micro greens • olives (bottom) • turkey • grapes
(top) • avocado
dressing: EVOO & fig balsamic



mixed greens • cilantro • new potatoes • turkey • avocado
dressing: fresh lemon vinaigrette



mixed greens • romaine • turkey • fresh cherries • goat cheese •
pumpkin seeds
dressing: EVOO & fig balsamic dressing



romaine • baby arugula • cilantro • tomatoes • cucumber •
turkey • bacon • avocado
dressing: lime vinaigrette with honey



mixed greens • baby arugula • carrots • beets • turkey •
raspberries
dressing: EVOO & fig balsamic dressing



mixed greens • turkey • pomegranate seeds • avocado
dressing: balsamic dressing



romaine • shredded carrots • turkey warmed in bacon fat •
avocado
dressing: fresh lemon juice & EVOO



romaine • cilantro • shredded rainbow carrots • turkey • bacon •
pomegranate seeds
dressing: EVOO & fresh lemon



romaine • cilantro • shredded rainbow carrots • turkey • bacon •
pomegranate seeds
dressing: EVOO & fresh lemon



romaine • shredded yellow carrots • turkey • bacon •
pomegranate seeds • avocado • sunflower seeds
dressing: EVOO & fresh lemon



mixed greens • beets • cucumbers • olives • dolmas • baba
ganoush (bottom) • turkey • pineapple • olive & fig spread
(bottom)
dressing: EVOO & fresh lemon



Chinese 5 spice lettuce cups from *Practical Paleo*

2 tablespoons coconut or palm oil
1 lb ground turkey
1/2 tablespoons Chinese 5-spice
sea salt and black pepper to taste

sauce

2 teaspoons sesame tahini (or
almond or sunbutter)
2 tablespoons coconut aminos
1 tablespoon cold-pressed sesame oil
1 teaspoon sesame seeds, for garnish

toppings

1 large carrot, shredded
(approximately 1/2 cup)
1/4 cup cilantro, chopped
1/2 cup bell peppers, assorted colors
1/2 cup chopped cucumber
1/4 cup red cabbage, shredded
1 lime, cut into wedges
1 tablespoon sesame seeds for
garnish
1 head of butter or bib lettuce

In a large skillet over medium heat, melt the coconut or palm oil. Add the ground turkey, Chinese 5-spice, salt and pepper. With a wooden spoon or heat-resistant spatula, break the meat up in the pan and spread the spices around. Cook until browned.

To make the sauce, combine all ingredients except for the sesame seeds in a small mixing bowl.

Use as many or as few toppings as you like and serve in cups of lettuce.



arugula • eggplant spread • Dietsel turkey • goat milk feta •
watermelon

dressing: lemon dressing & Primal Palate French grey salt



arugula • spiralized zucchini • cherry tomatoes • turkey • avocado
• blueberries • peaches
dressing: lemon dressing & EVOO

Salads with Beef





mixed greens • cilantro • red cabbage • skirt steak • plantains •
avocado
dressing: green sauce



romaine hearts (boats) • micro greens • grass-fed beef • avocado
dressing: lime juice & hot sauce



mixed greens • carrot • velvet flank steaks marinated in Coconut
Secret teriyaki sauce
dressing: EVOO & balsamic



romaine • pico de gallo • grass-fed beef with taco seasoning •
avocado
dressing: hot sauce, lemon & EVOO



romaine • cilantro • salsa • grass-fed beef with taco seasoning
from *Practical Paleo* • avocado
dressing: organic hot sauce, EVOO & fresh lime juice



mixed greens • cilantro • grass-fed beef with taco seasoning •
avocado
dressing: organic hot sauce, EVOO & fresh lime juice



romaine • rice • grass-fed steak with taco seasoning • avocado
dressing: EVOO, lime, crema



romaine • cilantro • white rice • bell peppers • tomatoes • taco
meat • avocado
dressing: lime vinaigrette with honey



mixed greens • arugula • tomatoes • skirt steak • fig • avocado
dressing: EVOO, salt & pepper



romaine • cherry tomatoes • skirt steak • avocado
dressing: 21DSD ranch & EVOO



romaine • cherry tomatoes • grass-fed beef strips • avocado
dressing: EVOO & balsamic



mixed greens • sweet potato mash • steak • orange • avocado
dressing: balsamic vinaigrette



romaine • cilantro • hamburger patty • pineapple • avocado
dressing: Russian dressing (Paleo mayo + ketchup + lemon juice)



romaine • cilantro • carne asada cut beef (marinated in hatch green chili salsa, onion, garlic, lime juice, cumin, salt & pepper) • mango • avocado
dressing: lime juice, hot sauce & EVOO

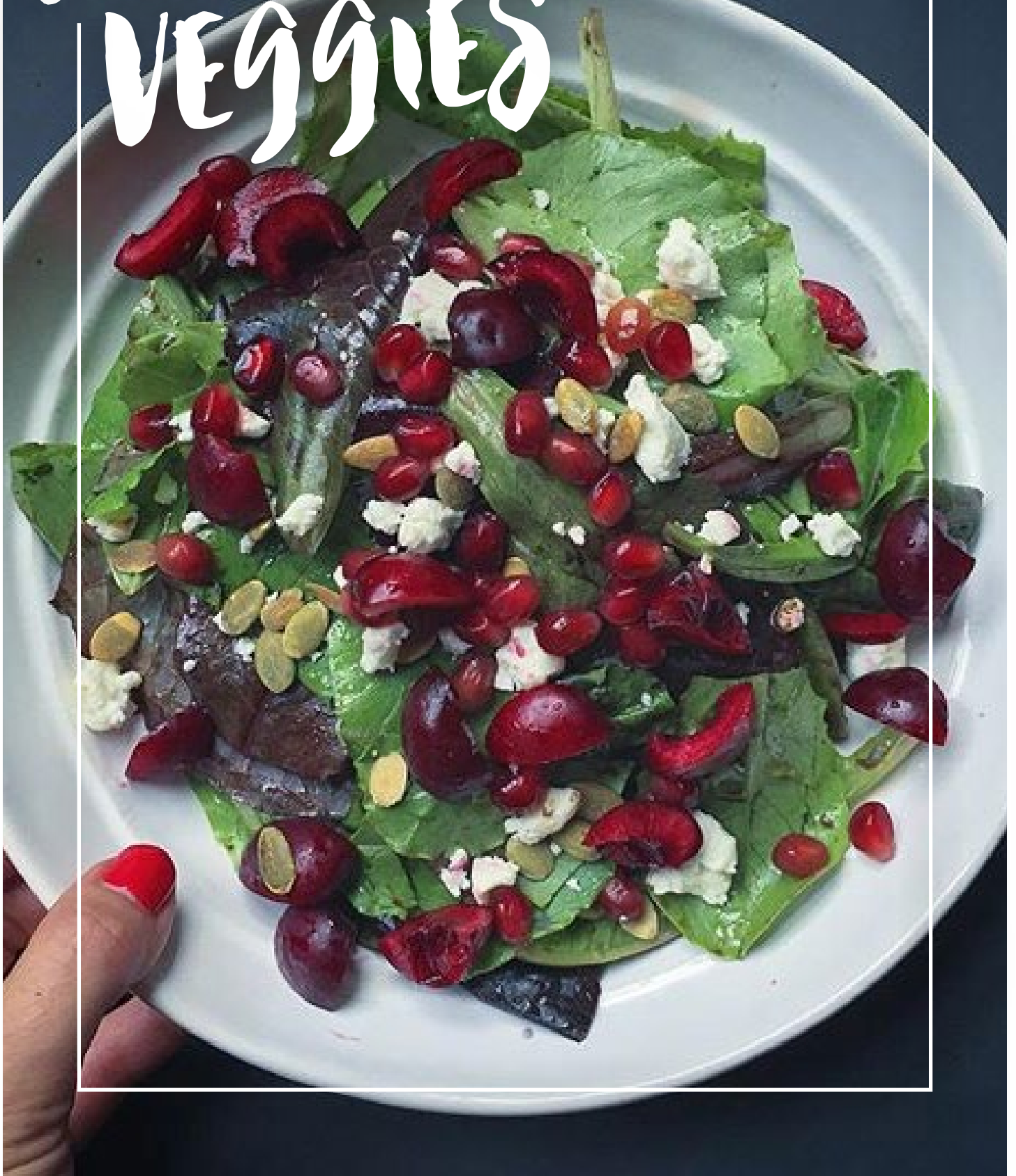


crisp greens • cilantro • Hayley's skirt steak tacos meat •
pomegranate seeds • mango & cucumber salsa
dressing: lime juice, hot sauce & EVOO



romaine • sweet peppers • ground beef & turkey taco meat •
avocado • salsa fresca

salads with VEGGIES





romaine • raddicchio • yellow bell pepper • pineapple • dried
cherries • almonds

dressing: fresh lemon juice, EVOO, salt & pepper



greens • yellow tomatoes • avocado
dressing: EVOO & fresh lemon



beets • avocado

dressing: balsamic reduction & EVOO



green leaf lettuce • mixed greens • baby arugula • beets • dried
berries • toasted pine nuts • honey goat cheese
dressing: EVOO, balsamic, Dijon mustard, pomegranate molasses



baby romaine • pomegranate seeds • cherries • honey goat
cheese • pumpkin seeds
dressing: balsamic vinaigrette

DINING OUT

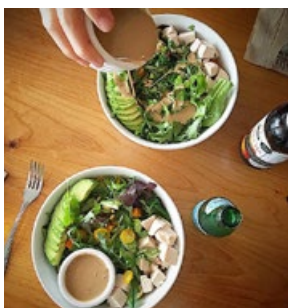
where there are even MORE opportunities to try new combos



greens • potatoes • duck hash • eggs •
bacon • guacamole



greens • persimmons • pomegranate seeds
• pepitas



mixed greens • yellow tomatoes • carrots •
chicken • avocado • sunflower seeds
dressing: balsamic vinaigrette



mixed greens • beets • onion • chicken •
mango • avocado • goat cheese
dressing: EVOO & Meyer lemon



red leaf lettuce • cabbage • jicama • grilled
zucchini • grilled eggplant • mushroom •
calamari
dressing: EVOO & lime



mixed greens • beets • roasted fennel • carrots • jicama • chicken •
apple • avocado • pumpkin seeds
dressing: balsamic vinaigrette



mixed greens • red and yellow cherry tomatoes • green onions •
beef kebab • avocado • sunflower seeds



mixed greens • artichoke hearts • sun-dried tomatoes • eggplant •
cooked onions • chicken • avocado

IN a PINCH?

tips and tricks for what to do on the run



romaine • chicken wings • grapes • goat cheese

dressing: EVOO & fresh lemon juice



greens • micro greens • beets • hamburger patty • avocado



mixed greens • baby carrots • turkey • prosciutto • pineapple • avocado

dressing: EVOO, lemon juice, yellow mustard, salt & pepper



mixed greens • roasted chick peas • roasted red peppers • chicken



mixed greens • chicken • goat cheese
dressing: EVOO & balsamic

DRESSINGS + SAUCES

for all sauces and dressings, combine all the ingredients in a small mixing bowl and whisk together vigorously. Store in a sealed glass jar in the refrigerator for up to a week.

apple cider vinaigrette

- 1/2 cup extra-virgin olive oil
- 1/4 cup apple cider vinegar
- 1 teaspoon gluten-free Dijon mustard
- 1 teaspoon onion powder
- sea salt and black pepper to taste

avo-goddess sauce

- 1/2 avocado
- 1/4 cup full-fat coconut milk, canned or homemade
- juice of 1/2 a lemon
- 1/2 clove garlic, minced or grated
- 1 to 2 teaspoons chopped fresh chives
- sea salt and black pepper to taste

avo-ziki sauce

- 1 avocado
- 1/2 cup grated cucumber
- 1 small clove garlic, grated
- juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- sea salt and black pepper to taste
- 1 teaspoon minced fresh dill

balsamic vinaigrette dressing

- 1/3 cup balsamic vinegar
- 2/3 cup extra-virgin olive oil
- 1 teaspoon gluten-free Dijon mustard
- 1/2 teaspoon minced shallot or garlic
- sea salt and black pepper to taste
- 1/2 teaspoon dried oregano or basil (optional)
- 1/2 teaspoon anchovy paste (optional)

creamy ginger lime dressing

- 1/2 to 1 teaspoon minced fresh ginger
- zest and juice of 1/2 lime
- 1/4 cup full-fat coconut milk, canned or homemade
- 1/4 cup + 2 tablespoons macadamia nut oil

creamy pesto dressing

- 1/2 cup full-fat coconut milk, canned or homemade
- 1/2 cup healthy homemade mayonnaise
- 1/4 cup spinach and walnut pesto
- sea salt

creamy ranch dressing

- 1/4 cup healthy homemade mayonnaise
- 1/4 cup full-fat coconut milk, canned or homemade
- 1 tablespoon minced fresh dill
- 2 tablespoons minced fresh chives
- 1 clove garlic, minced
- 1 to 2 tablespoons apple cider vinegar to taste
- sea salt and black pepper to taste

dairy-free Caesar dressing

- 2/3 cup extra-virgin olive oil
- 1/3 cup lemon juice (about 2 lemons)
- 2 tablespoons nutritional yeast
- 1 teaspoon grated or minced garlic (1-2 cloves)
- 1-2 anchovy fillets, minced, or 1-2 teaspoons anchovy paste (see tip)
- 1/2 teaspoon gluten-free Dijon mustard
- sea salt and black pepper to taste

tip: if you prefer a saltier dressing, use 2 anchovy fillets or 2 teaspoons of paste.

dairy-free pesto

- 1/2 cup macadamia nuts or pine nuts
- 1/2 cup extra-virgin olive oil or macadamia nut oil
- 2 loosely packed cups fresh basil or cilantro leaves
- 2 tablespoons nutritional yeast (optional)
- 1 clove garlic
- sea salt and black pepper

Place the nuts, oil, herbs, nutritional yeast (if using), garlic, and a generous pinch each of salt and pepper in a food processor and blend until smooth.

healthy homemade mayonnaise

- 2 egg yolks
- 1 tablespoon fresh lemon juice
- 1 teaspoon gluten-free Dijon mustard
- 1/2 cup macadamia nut oil or other oil
- 1/4 cup extra-virgin olive oil

In a mixing bowl, whisk together the egg yolks, lemon juice, and mustard until blended and bright yellow, about 30 seconds. Begin adding 1/4 cup of the macadamia nut oil to the yolk mixture a few drops at a time, whisking constantly. Gradually add the remaining 1/4 cup of macadamia nut oil and the olive oil in a slow, thin stream, whisking constantly, until the mayonnaise is thick and lighter in color.

Store in the refrigerator for up to a week.

lemon-herb dressing

1/3 cup fresh lemon juice
2/3 cup extra-virgin olive oil
1 teaspoon gluten-free Dijon mustard
1/2 teaspoon minced shallot
sea salt and black pepper to taste
1/2 teaspoon minced fresh cilantro or basil (optional)

lemon-tahini dressing

1 tablespoon tahini
1 tablespoon extra-virgin olive oil
juice of 1 lemon
pinch of garlic powder
sea salt and black pepper to taste

orange vinaigrette

2 tablespoons fresh orange juice (about half an orange)
1 tablespoon unfiltered apple cider vinegar
1 teaspoon Dijon mustard (gluten-free)
sea salt and black pepper to taste
pinch of garlic powder (optional)
ground fennel seeds (optional)
3 tablespoons extra-virgin olive oil
1 teaspoon orange zest (optional)

spicy sesame ginger dressing

1/4 cup cold-pressed sesame oil
juice of 2 limes
1/2 to 1 teaspoon minced fresh ginger
pinch of red pepper flakes, or to taste
sea salt and black pepper to taste

spinach & walnut pesto

1 cup walnuts
6 cloves garlic
1 teaspoon sea salt
1 cup extra-virgin olive oil
2 cups packed fresh basil
2 cups packed spinach leaves
juice of 1/2 lemon

Pulse the walnuts, garlic, salt, and olive oil in a food processor for 2 minutes or until well combined. Add the basil, spinach, and lemon juice and process for an additional 3 to 5 minutes or until the mixture is smooth. Store in a glass jar, refrigerated, for up to 2 weeks.

sweetener-free ketchup

1 small onion, diced
2 green apples, peeled and diced
2 cloves garlic, minced
1/2 teaspoon sea salt
1/4 teaspoon allspice
1/4 teaspoon cinnamon
2 pinches of cloves
1/4 teaspoon ground ginger
2 tablespoons apple cider vinegar
1/4 cup water
1 (6-ounce) can tomato paste

Place all the ingredients in a slow cooker and stir to combine. Set the slow cooker to low and cook for 4 hours.

Allow the mixture to cool slightly, then pour into a food processor or high-speed blender and blend until smooth.

tip: When blending or processing warm foods, do not overfill the container, as the heat will cause the contents to expand and they may splatter out.

Once blended, place the ketchup in glass containers and allow it to come to room temperature before refrigerating.

The ketchup should last for several weeks or more in the refrigerator. If you notice a change in color or smell or see any mold growth, toss it and make new batch.

tahini dipping sauce

1/2 cup extra-virgin olive oil
1/4 cup tahini (sesame paste), raw or roasted
4 cloves roasted garlic
juice of 1 lemon
sea salt and black pepper to taste

thousand island dressing

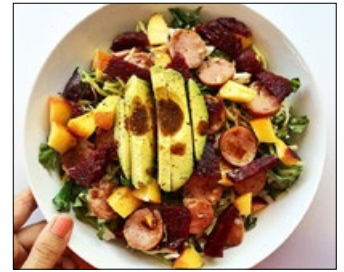
1/2 cup healthy homemade mayonnaise
1/4 cup sweetener-free ketchup
1/4 cup minced dill pickles
sea salt and black pepper to taste

tzatziki sauce

1 1/2 cups plain full-fat yogurt or cream from 2 (13 1/2-ounce) cans full-fat coconut milk, chilled overnight
1 cucumber, peeled, seeded, and quartered
juice from 1/2 lemon
fine sea salt and ground black pepper to taste
1 handful fresh dill
1/4 cup tightly packed fresh mint leaves
2 to 3 cloves garlic, peeled

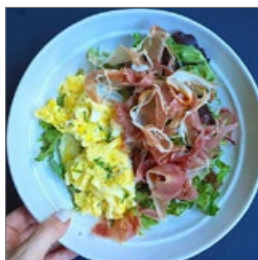
tip: If using coconut milk, make sure it is very cold. Scoop off the cream that has risen to the top of the can and save the coconut water for another use.

#dianessaladmadness Love

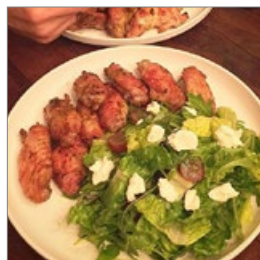
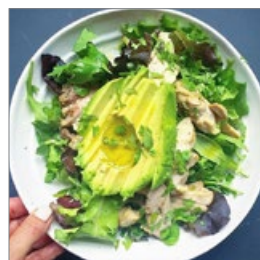
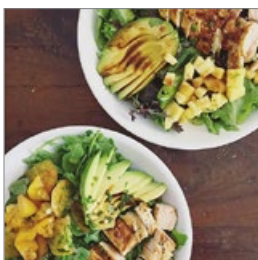
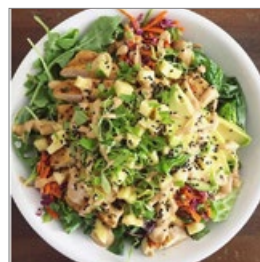
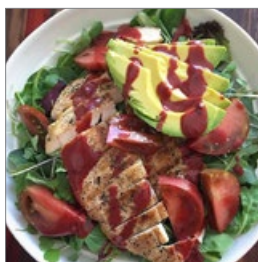
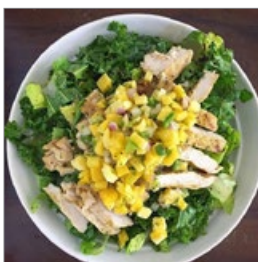
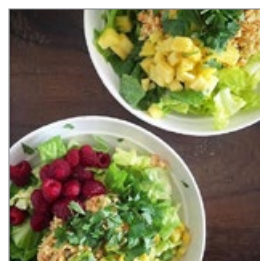
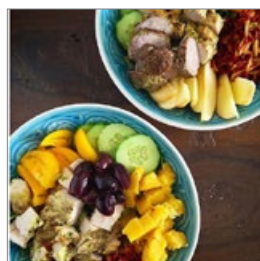


Credits (from top left): slduke, primalbites, cdrummond16, slduke, melimarsch, doyouevenpaleo, slduke, doyouevenpaleo, slduke, shethrivesblog, shethrivesblog, melimarsch, texaspaleocouple, dirtypaleoh, sydneydelucchi, ibangclippergange, paleoprincess5, that.paleo.girl, the_weekly_wanderer, alex_dbrow

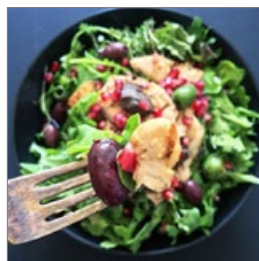
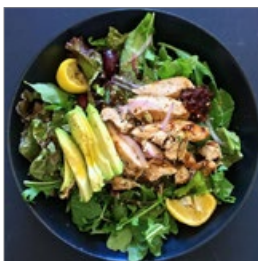
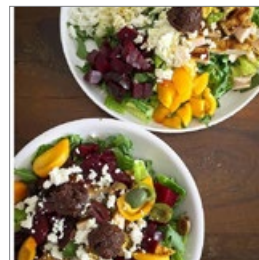
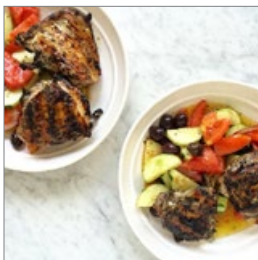
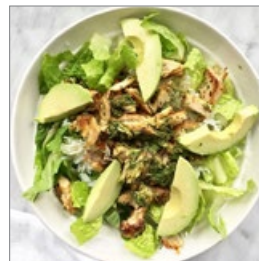
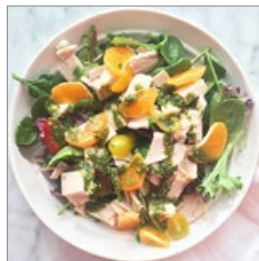
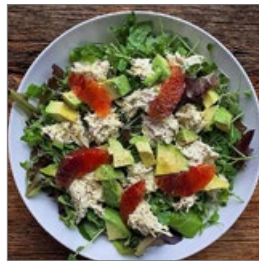
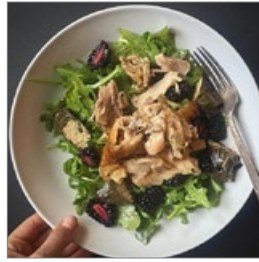
breakfast/eggs | pg. 4



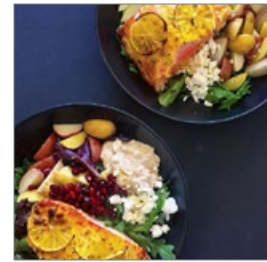
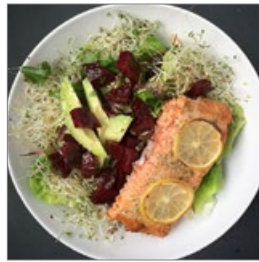
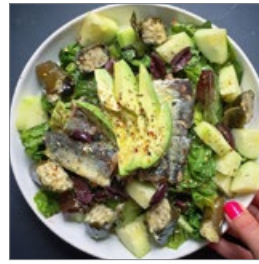
chicken | pg. 9



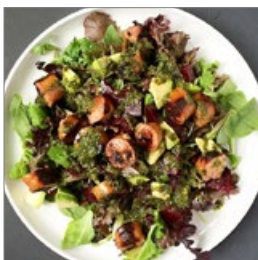
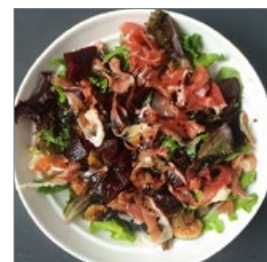
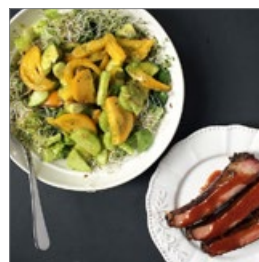
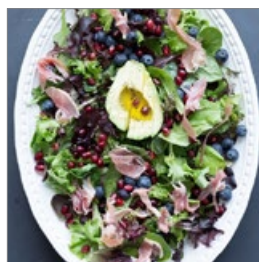
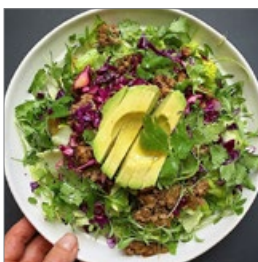
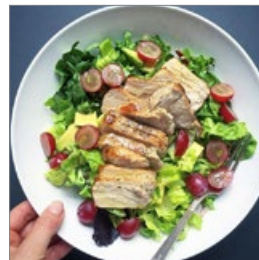
chicken | pg. 9 (continued)



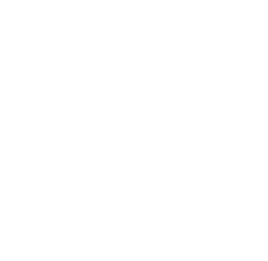
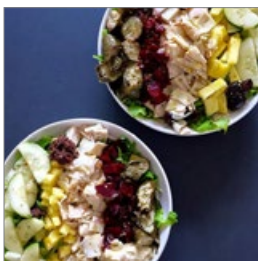
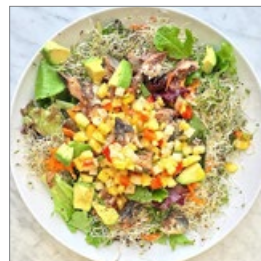
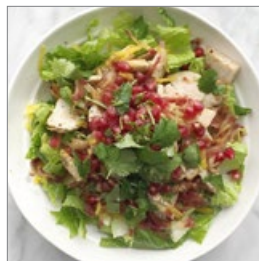
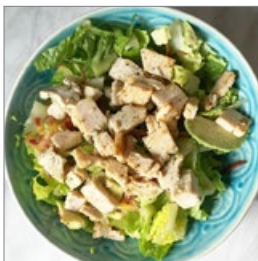
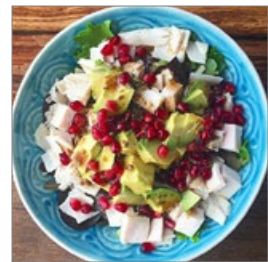
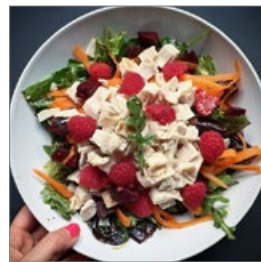
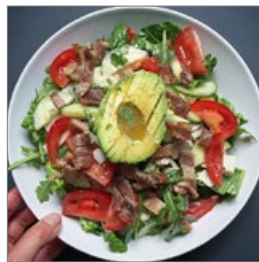
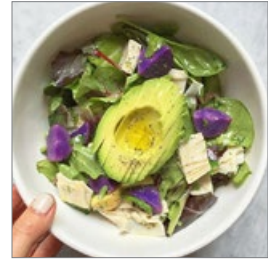
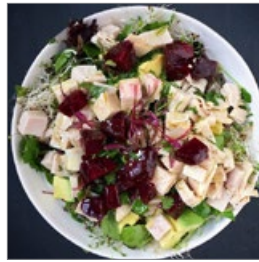
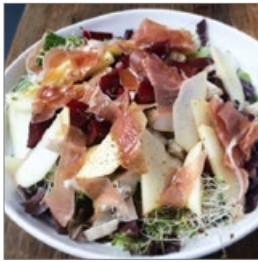
seafood | pg. 49



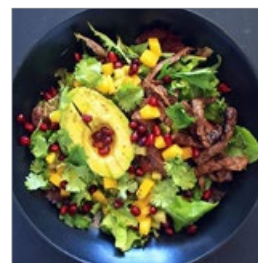
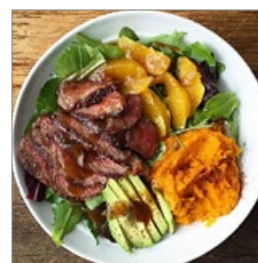
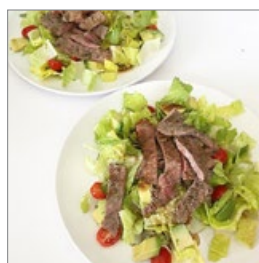
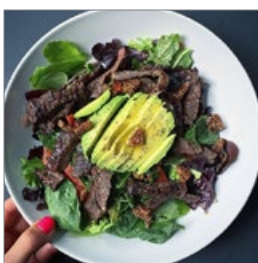
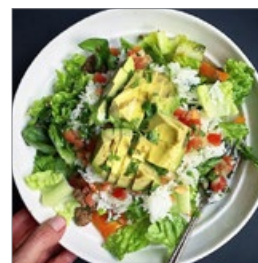
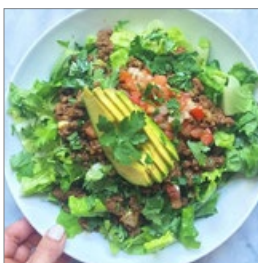
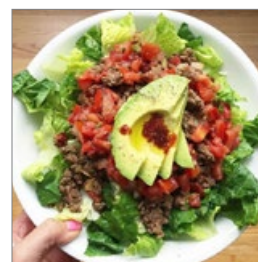
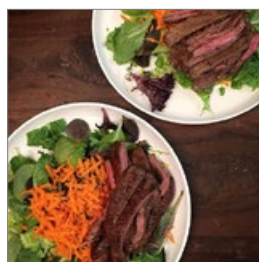
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