

JillFit B-A-S Booklet

(Big-Ass-Salads)

All salads can be made with leaf lettuce and other mixed greens, however, we recommend you invest in an **OXO Salad Chopper**, which allows you to chop and shred lettuce easily. This will improve the consistency of the salads and allow for you to increase the amount of greens you can include. We are all about simplicity here at JillFit so most of these salads can be whipped up in 5 minutes or less. Enjoy!

Asian Chicken Salad

Ingredients:

- 2 c. spinach, cabbage or any other leafy greens
- 4 oz chicken breast cubed or sliced
- ¼ c. cucumber
- ½ c. broccoli,
- ½ red and/or yellow peppers,
- 1/8 c. small amount of carrots,
- 1 tbsp cilantro
- 1 tsp sesame seeds

Combine first 6 ingredients

Top salad with chopped cilantro

Sprinkle with sesame seeds

Top with 2 tbsp dressing of choice

Shredded Salad

*This supports liver function, detoxification and optimal estrogen metabolism.

Ingredients:

- ½ head red or purple cabbage, finely shredded
- ½ red onion, minced
- 1 avocado, diced
- Handful of cilantro, chopped
- Small handful grape tomatoes
- 2 chicken breasts, chopped
- 1-2 TB olive oil
- Juice of 1 lemon
- Pinch sea salt
- Black pepper

Combine all ingredients

Makes 4 servings

Shell-less Taco Salad

A JillFit Classic!

Ingredients:

- 3-4 cups spinach, chopped or shredded
- ½ cup onions/peppers, chopped
- 1 cup ground bison or ground turkey, browned
- ¼ cup chunky salsa
- Sprinkle almond cheese, cheddar flavor (about 1 oz)

Mix first 3 ingredients together

Coat with salsa and toss

Place salad in microwave-safe bowl

Sprinkle almond cheese on top

Microwave 30-60 seconds until cheese melts, serves 1.

Chicken Chopped Cranberry Salad

Ingredients:

- 3-4 cups spinach, chopped or shredded
- 1 chicken breast, cooked and cubed
- ¼ cup red onion, chopped
- 1/8 cup dried cranberries
- 1/8 cup walnuts, chopped
- 1/8 cup blue cheese crumbles (optional)

Combine all ingredients

Add 2 tbsp balsamic vinaigrette and toss, serves 1.

“Healthier” Cobb Salad

Ingredients:

- 3-4 cups romaine lettuce, chopped
- 1 chicken breast, cooked and cubed
- 1 hardboiled egg, sliced
- 2 slices turkey bacon, chopped
- ½ tomato, chopped
- 1/8 cup blue cheese crumbles (optional)

Combine all ingredients

Add 2 tbsp balsamic vinaigrette and toss, serves 1.

Greek Salad

Ingredients:

- 3-4 cups romaine lettuce, chopped
- 1 chicken breast, cooked and cubed
- ¼ cup mushrooms
- ¼ cup red onion
- ½ cup grape tomatoes
- ½ cup black olives
- Sprinkle feta cheese

Combine all ingredients

Add 2 TB low fat Greek dressing and toss, serves 1.

Strawberry & Steak Salad

Ingredients:

- 3-4 cups baby spinach
- 4-6 oz flank steak cut into strips, cooked
- 1 cup strawberries, halved
- ¼ cup red onion
- Sprinkle of feta cheese (optional)

Combine all ingredients

Add 1 TB balsamic vinegar, toss. Serves 1.

Broccoli & Brown Rice Stir Fry "Salad"

Ingredients:

- 1-2 cups steamed broccoli, halved florets
- 1 cup shrimp, cooked
- ½ cup cooked brown rice
- 1-2 TB Braggs Amino Acids
- 1-2 cups mixed greens, chopped
- 2 TB slivered almonds

Place medium fry pan on stovetop, add 1 TB coconut oil on medium heat

Add broccoli, shrimp, brown rice & Braggs to pan, use Braggs to desired flavor

Sautee for 5-7 minutes at medium heat, remove from heat and place in a large bowl

Add chopped greens & almonds to bowl, toss all ingredients together

Serves 1.

Bison Asparagus Salad

Ingredients:

- 2 cups steamed asparagus (chopped into 1 in or smaller sections)
- 4-6 oz bison steak (can also use a leaner cut of beef like sirloin or skirt)
- 2 garlic cloves, crushed
- ½ cup chopped red onion
- Sprinkle shredded Parmesan cheese

Fry bison steak with splash olive oil or zero-calorie cooking spray, using garlic to season

Cut up cooked steak into bite-sized pieces

Combine steak with asparagus & red onion in large bowl

Add 2 TB balsamic vinaigrette dressing, toss

Add sprinkle of Parmesan and serve.

Serves 1.

Chef Salad

Ingredients:

- 3-4 cups romaine lettuce, chopped
- 3 oz turkey breast (you can cook it up or get a low-sodium version from the deli)
- 3 oz ham (once again, cook your own or get a low-sodium version from the deli)
- 1 oz provolone cheese
- 1 hardboiled egg, sliced
- ½ tomato, chopped
- 2 celery ribs (chopped)
- Black pepper to season

Combine all ingredients

Add 1 TB red wine vinegar, splash olive oil and toss, serves 1.

Balsamic vinaigrette dressing

In a blender on medium speed or Magic Bullet, combine:

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 2 tbsp brown sugar or Ideal Brown Sugar (made with sucralose)
- ½ tsp garlic powder
- Salt & pepper to taste

Makes 4 servings