

Protein Packed Egg Salad

4 hard boiled eggs

1 half avocado

1 small spear English cucumber

6 cherry tomatoes

1/2 small red onion

½ cup Kalamata olives

1 cup cottage cheese

½ cup hummus

Directions

1. Using the ½ cube chopping blade, chop eggs, avocado, English cucumber, cherry tomatoes, red onion, and olives.
2. Add cottage cheese and hummus on top.
3. Mix thoroughly with spoon. Salt & pepper to taste. Enjoy!

Chopped Chicken Salad

6-8 lettuce leaves

4-6 oz grilled chicken

1/2 green pepper

½ cup Cherry tomatoes

¼ cup olive oil

2 tbs lemon juice

1tbs mayo

Directions

1. Using ½ cube chopping blade, chop lettuce, green pepper, cherry tomatoes, and grilled chicken. Shake container
2. Add olive oil, lemon juice and mayo.
3. Shake container again to distribute dressing. Salt & pepper to taste. Dip pita chips in and Enjoy!

Green Goddess Dip Box

6 cabbage leaves

1 small English cucumber

½ cup broccoli

½ avocado

1 cup chickpeas

¼ cup pumpkin seeds

2-4 sprigs of Chives

¼ cup Green goddess dressing

2 cups Pita chips or tortilla chips

Directions

1. Using the ½ cube chopping blade, chop cabbage leaves, cucumber, broccoli, and avocado.
2. Add chickpeas, pumpkin seeds and green goddess dressing.
3. Shake container to distribute dressing. Garnish with chives. Salt & pepper to taste.
Enjoy!

Thai Salad Box

5 leaves Napa Cabbage

5 leaves Red cabbage

4-6 oz Grilled chicken

1 medium carrot

1/2 Red bell pepper

¼ cup edamame

¼ cup peanuts

¼ cup Thai dressing

¼ cup Chow Mein noodles

2 sprigs Cilantro

Directions:

1. Using ½ cube chopping blade, chop napa and red cabbage, carrots, pepper, and chicken.
2. Add edamame and peanuts and dressing.
3. Shake container to distribute dressing. Garnish with Cilantro. Salt & pepper to taste.
Enjoy!

Micro Chopped Mediterranean salad

1/2 Red pepper

1 English cucumber

1/2 small Red onion

4 leaves Red cabbage

6 sprigs Mint

1 handful parsley

¼ cup Pomegranate seeds

¼ cup Pomegranate molasses

2 tbs lemon juice

½ cup olive oil

Directions:

1. Using the ¼ cube chopping blade, chop pepper, cucumber, onion, cabbage, mint, and parsley.
2. Add Pomegranate seeds, molasses, lemon juice and olive oil.
3. Shake container to distribute dressing. Salt & pepper to taste. Enjoy!

No Pasta Pasta salad

½ Red pepper
½ Green pepper
½ Yellow pepper
½ Red onion
1 small Yellow squash
1 small Zucchini
1 English Cucumber
2 tbs Olives
1 tbs Banana peppers (Mild Pepper rings)
¼ cup Italian dressing
1 tbs Pasta Salad seasoning

Directions:

1. Using ½ cube chopping blade, chop red, green and yellow peppers, onion, squash, zucchini, and cucumber.
2. Top with olives, banana peppers, Italian dressing and seasoning.
3. Shake container to distribute dressing. Salt & pepper to taste. Enjoy!