



## PROBIOTIC SALAD

*A very satisfying salad that is great for lunch or dinner.*

*Balanced + Nutritious = Satisfying*

*I consider this a perfectly balanced meal:*

**1½ Carbs + 1½ Protein + 3 Fats**

**High in Fibre (12 g)**

**Sugar is less than 10% of the total Carbs**

**Perfect amount of Sodium for a Meal (250 mg)**

**Rich in nutrients (90% Vitamin A, 150% Vitamin C, 15% Calcium & 25% Iron)**

**Food Source of Probiotics which is crucial for a healthy gut and healthy mind**

**Yield:** Serves 1

### Ingredients:

- 1 cup (handful) kale, baby kale, mixed greens or spinach
- ½ cup alfalfa or sunflower sprouts
- ¼ avocado
- ½ tomato or ¼ red pepper
- ¼ cup diced cucumber
- ¼ cup raw green beans broken into 1" pieces
- 2 tbs ground flaxseeds
- ¼ cup sauerkraut (*Ontario Natural Food Co-op or Bubbies*)
- 1 teaspoon Dulse flakes (seaweed – adds a salty flavor - optional)
- 3 oz fish or chicken

### Instructions:

1. Mix all ingredients together and enjoy.

Servings: 1½ Carbs + 1½ Protein + 3 Fats

<b>Nutrition Facts</b>	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size (384g) Servings 1 <b>Calories</b> 380 <b>Fat Cal.</b> 150	<b>Total Fat</b> 16g	<b>25%</b>	<b>Total Carb.</b> 28g
	Sat. Fat 2.5g	<b>12%</b>	Fiber 12g	<b>48%</b>
	Trans fats 0g		Sugars 6g	
	<b>Cholest.</b> 35mg	<b>12%</b>	<b>Protein</b> 30g	
	<b>Sodium</b> 250mg	<b>11%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 90%	Vitamin C 150%	Calcium 15%	Iron 25%

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