

Cooking Tip: High Protein Vegan Salad



You don't always have to add meat or fish to your entrée salad to give it a lot of protein. You can add a creative combination of high-protein vegetables, legumes, nuts or seeds, and super-foods to your next salad and end up with maybe 20 grams of clean, healthy, high fiber protein. In this way you can turn any salad into a high-protein-detox-power salad!

Try any of these: chickpeas (8 grams), cannellini beans (8 grams), cooked quinoa (6 grams), pumpkin seeds (9 grams), sunflower seeds (6 grams), chia seeds (3 grams), flax seeds (2 grams), almonds (6 grams), artichoke hearts (4 grams), fresh green peas (8 grams), roasted or boiled potatoes (4 grams)