

Build Delicious Easy Salads

FOR HEALTH & WEIGHT LOSS

Follow the basic blueprint for each salad creation,
then build on this foundation

- 1 colorful root veggie
- 1 plant-based protein
- 1 sweet fruit
- Green leafy vegetables
- 1 healthy fat

Obey your body's hunger for variety—it's one
of the ways God speaks to us through creation.

Pro Tips

- ✓ Rotate your ingredients weekly to avoid salad fatigue
- ✓ Choose seasonal produce for peak flavor and nutrition
- ✓ Keep it simple—your body thrives on variety over time, not complexity in one meal



"From the very beginning,

Genesis 1:29.. God's provision
wasn't complicated. It was pure.
Whole. Simple. Plants and fruits.

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