

MaxVegan HEALTHY Salad Fixin's



Daily Serving Size

Average Eater: 1-quart bowl
Greens Glutton: 2-quart bowl

Ingredients Listed Below

57 Modify as desired

Task

Shop, Prep, Wash, Rinse, Chop, Store ~3 hrs/week
Assemble Daily Salad ~10 min/day

Time

~3 hrs/week
~10 min/day

Washing/Drying System

- * Wash Bowl: Large bowl (4-5 quarts) hot soapy water
- Squirt of vegetable-based dish soap
- 1/4 cup white vinegar
- 1/4 cup hydrogen peroxide
- * Rinse Bowls: 3 large (4-5 quarts) cold water
- * Vegetable/dish scrub brush
- * Bucket: To carry used rinse (not soapy) water to yard plants
- * Salad Spinner: To spin water from leaves
- * Plastic mats: To lay leaves out to dry (wet leaves spoil sooner)



Rinse Water

Transfer to bucket to water outdoor plants. (Discard wash water.)

Storage Systems (5-7 days)

- * Debbie Meyer Green Bags www.amazon.com
- Green bags lose effectiveness over time but are still useful for storage.
- * Greens: Plastic bins lined top & bottom with Green Bags.
- * Veggies: Partitioned containers inside Green Bags.
- * MV Dressings: Pourable containers.
- * MV Batch Beans: Sealed containers; freeze until day before needed.
- * Nuts/Seeds: Pourable containers. Keep refrigerated.

INGREDIENTS

7 Greens

- Cabbage-Green
- Cabbage-Red
- Kale
- Lettuce-Green Leaf
- Lettuce-Red Leaf
- Lettuce-Romaine
- Spinach

Prep, wash, triple-rinse, spin, dry. Store in plastic bins lined top & bottom with Green Bags in frig.



10 Veggies

- Beets
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumber
- Jicama
- Rutabaga
- Turnip
- Zucchini

Prep, wash, scrub, triple-rinse, chop. Store in partioned containers in frig inside unsealed Green Bags.



2 Fruits

- Raisins
- Tomatoes

Sprinkle on salad (or add to nut mix).
Slice when add to salad (pre-cut tomatoes spoil more quickly).

Broccoli/Cauliflower Storage

These generate stong odors, so store excess amounts in frig in an open plastic bin inside an unsealed Green Bag.

7 Nuts & Seeds

- Flaxseeds (ground)
- Chia seeds (ground)
- Hemp seeds
- Almonds
- Pumpkin seeds
- Sunflower seeds
- Walnuts

MV Seed Mix

Store in sprinkle container.
Keep refrigerated to retard spoilage.

Combine nuts in sealed containers.
Keep refrigerated to retard spoilage.
Sprinkle on salad.



1 Sprouts

- Mung bean

Buy beans in bulk.
Grow in home sprouter.



5 Beans

- Black
- Garbanzo
- Kidney
- Pinto
- White

MV Batch Beans

Store in freezer.
Thaw overnight in frig.
Add 1/4 - 1/2 cup to salad.



Wash & Boil Food Scraps

To make vegetable stock or use in soups/stews.

and/or

Compost Food Scraps

In composter bin or by adding them to soil around plants.

20 Spices

- Basil
- Cardamom
- Cloves
- Coriander
- Cumin
- Curry
- Dill Weed
- Ginger
- Kelp (for iodine)
- Marjoram

MV Spice Mix: Add 1-2 Tbsp each of desired spices into sealable container. *Lightly* sprinkle over salad.

- Mustard
- Nutmeg
- Nutritional Yeast
- Oregano
- Paprika
- Parsley
- Sage
- Tarragon
- Thyme
- Turmeric



Bitter = Anti-oxidants

**Bitter
is
Better!**

5 Dressings

- MV Basil Pesto Dressing
- MV Ranch Dressing
- MV Tahini-Mustard Dressing
- MV 1000 Islands Dressing
- Organic Rice Vinegar

<http://maxlearning.net/HEALTH/MaxVeganToppings.pdf>

- Sprinkle over 1/4 of salad
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- Sprinkle over 1/4 of salad
- Sprinkle over 1/4 of salad
- Sprinkle over entire salad



ENJOY!

This may turn out to be your "go-to" meal of the day!