

# 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  
Assemble Daily Salad

## 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)



## Storage Systems (5-7 days)

\* Debbie Meyer Green Bags

[www.amazon.com](http://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.

## Rinse Water

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

## INGREDIENTS

### 7 Greens

Cabbage-Green

Cabbage-Red

Kale

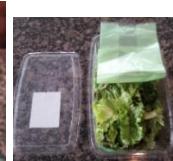
Lettuce-Green Leaf

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 partitioned 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 strong 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 compost 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/MVToppings.pdf>

Sprinkle over 1/4 of salad  
Sprinkle over 1/4 of salad  
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!