

Express Dish Salad

(total of carbs ~ 25g)

Cooked protein

E.g. Chicken, beef, egg, tofu, fish, etc.

($\frac{1}{2}$ cup / 125ml = ~0g, or ~15g if you choose beans)



Olive oil

(1 tablespoon / 15 ml = ~0g)

Vinegar

E.g. balsamic, rice vinegar, cider, etc.
(2 teaspoons / 10ml = ~0g)



Dried Cranberry
(1 tablespoon / 15ml = ~5g)



Cooked grain

E.g. Quinoa, cut pasta, rice, bulgur, couscous, ect.

($\frac{1}{2}$ cup / 125ml = ~20g)



Salt & pepper
(as you wish)

