

My favorite Salad...



I use this as a base for my daily salads every week! There are no rules, just use what you like!

I use harder veg like broccoli, asparagus, peppers, carrots, tomatoes and make a massive bowl full that keeps for about 5 days. Easy!

-Chop all veg and put in an airtight container. -Enjoy on it's own/add it to an omelette/ have with eggs cooked in coconut oil/ add in avocado, herbs (I love coriander and basil), lemon and hemp seeds for my favorite salad!

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