

Do-It-Yourself Salad Bar

A fun twist on the traditional potluck! Everyone brings one or two ingredients to create a buffet style bar. Simply write your name next to the ingredient you would like to bring!



HEARTY LETTUCE

Romaine Lettuce: _____

Green Leaf Lettuce: _____

Spring Mix: _____

Other: _____

FLAVORFUL GREENS

Spinach: _____

Arugula: _____

Kale: _____

Other: _____

VIBRANT VEGGIES

Shredded Carrots: _____

Sliced Cucumbers: _____

Diced Bell Peppers: _____

Corn: _____

Cherry tomatoes: _____

Other: _____

FILLING ADDITIONS

Chicken: _____

Tuna: _____

Black Beans: _____

Garbanzos Beans: _____

Eggs: _____

Quinoa: _____

Other: _____

CRUNCHY ADD-ONS

Whole Wheat Croutons: _____

Sliced Almonds: _____

Sunflower seeds: _____

Other: _____

CHEESY TOPPINGS

Cheddar Cheese: _____

Mozzarella Cheese: _____

Feta Cheese: _____

Other: _____

FRUITY ADDITIONS

Diced apples: _____

Sliced strawberries: _____

Raisins: _____

Dried Cranberries: _____

Other: _____

DRESS IT UP

Olive Oil Based Dressing: _____

Yogurt Based Dressing: _____

Other: _____

Other: _____

BEVERAGES

Water: _____

Fruit Infused Water: _____

Unsweetened Iced Tea: _____

Tea and Hot Water: _____

Coffee: _____

Other: _____