



ZANNIE KROGH

NUTRITIONAL THERAPIST

RAINBOW SALAD MATRIX

This is a matrix for a hearty and filling salad which it can be mixed and matched in many ways depending on your taste. By adding something from each category you get a varied nutritional meal with lots of gut friendly fibres and healthy protein and fats.

This is batch cooking and will serve 2 people for lunch 2 times. Make this 2 times this week – to have enough for 4 days.

Ingredients

Roasted vegetable – batch cooking for base layer:

Aim for seasonal – here are some recommendations:

- 3 beetroots cut into 6 wedges
- 1 red onions peeled and cut into wedges
- 1 large sweet potato cut into rounds
- 1 small cauliflower in florets
- 1/2 fennel roughly sliced
- 2 carrots cut into rounds

Method

Place all the vegetables on a baking tray and drizzle with olive oil and sea salt and freshly grinded pepper and roast in the oven for 30 minutes at 200 degrees until tender.

This will keep in the fridge for a couple of days.

Greens to add on the day: (For liver support and detoxification)

A large handful of spinach, kale (finely chopped) or rocket.

Protein to add on the day: (help maintain a healthy blood sugar balance and support satiety)

Choose 2 of these

- 1/2 cup of cooked chickpeas, black beans or quinoa
- 2 boiled egg
- 100 gram crumbled feta
- 100 gram hummus
- A handful of cooked chicken
- Wild salmon palm-sized portion
- A tin of sardines
- 150 gram of cottage cheese
- 2 spoonful of seeds (pumpkin, sunflower, sesame seeds)

Dressing ingredients

Tahini dressing

- 4 tablespoon tahini
- 2 tablespoon olive oil
- ½ tablespoon of honey
- Juice from ½ lemon
- Salt & pepper

Mix well together and keep in a glass jar in fridge

Pesto dressing:

- A punch of coriander, parsley, basil
- A handful of nuts (cashews, walnuts, almonds)
- 4 spoonful olive oil
- Zest and juice from a lemon

Salt and pepper – blitz and keep in a glass jar in the fridge



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Putting the salad together: Mix a 1/3 of the veggies, with the greens and protein and the dressing and enjoy.