

# TOSSED SALAD builder

This tool is designed to help you build a low-carb tossed salad. Items are grouped by net carb content and divided into 3 categories: **vegetables** and **fruit**, **nuts and seeds**, and **dressings** and **dressing components**. Leafy greens are listed separately. The values to the right of each item correspond to its calories, protein, fat, and net carb content. These values are based on the item's gram quantity, if provided. Tablespoon and teaspoon are abbreviated to Tbsp and tsp.

Once an item has been selected for your salad, circle or fill in the associated values to the item's right. Feel free to double, triple, or halve given quantities of items and adjust the values accordingly. When selecting quantities of dressings or dressing components, keep in mind how much you'll need to dress a salad having the amount of leafy greens you've selected. Once all items have been chosen, add up the values, insert them into the simple mathematical equations at the bottom right, and calculate the nutritional value of your salad.

## NOTES & TIPS

Gram measurements are exact, while food-based measurements are gram-based approximations (i.e. 29g is roughly 1/4 medium tomato).

Values are rounded for ease of use. The approximate nutritional value of a salad constructed with this tool will typically be within ±10% of its true nutritional value.

Most data used to construct this tool comes from US nutritional databases. However, nutritional data for certain items is brand specific.

Some of the "NET CARB FREEBIES" are not entirely carb-free. Net carbs will accumulate if using large quantities of items marked with an asterisk (\*).

Check your labels for condiments, sauces, and other marked items, which can often be higher (or lower ) in net carbs than expected.

Items with **yellow boxes**, or marked with a yellow droplet , are good sources of fat. Nuts, seeds, and their butters are also good sources of protein.

1.0g NET CARBS	
<b>mixed greens</b> , chopped or baby leaves - 3 cups (83g)	
<b>Romaine</b> , chopped - 2 cups (85g)	
<b>spinach</b> , chopped or baby leaves - 2 1/2 cups (71g)	

CALS	PRO	FAT	NC
1	1	0	1
1	1	0	1
2	2	0	1

0.25g NET CARBS	
<b>celery</b> - 6 in (15cm) (28g)	
<b>green onion</b> - 1/3 medium (6g)	
<b>radishes</b> - 2 medium (15g)	

CALS	PRO	FAT	NC
0	0	0	.25
0	0	0	.25
0	0	0	.25

1.0g NET CARBS	
<b>bell pepper, green</b> - 1/3 medium (35g)	
<b>cucumber</b> , with peel - 1 1/2 in (4cm) (42g)	
<b>onion</b> - 1/8 medium (13g)	

CALS	PRO	FAT	NC
1	0	0	1
1	0	0	1
1	0	0	1

<b>peanuts</b> , dry-roasted - 1 Tbsp (8g)	
<b>sunflower seeds</b> - 1 Tbsp (9g)	
<b>almond butter</b> - 2 tsp (12g)	
<b>Lemon Garlic Dressing</b>   P. 36   - 1 Tbsp	

5	2	2	1
5	2	2	1
7	3	3	1
6	0	3	1

<b>Brazil nut</b> - 1 medium (6g)	
<b>hemp hearts</b> - 1 heaped Tbsp (13g)	
<b>garlic</b> or <b>onion powder</b> - 1/8 tsp	
<b>ginger root</b> , grated or paste - 1/4 tsp	
<b>tamari</b> or <b>soy sauce</b> - 1 tsp	
<b>Garlic Oregano Vinaigrette</b>   P. 70   - 1 Tbsp	

4	1	2	.25
8	5	3	.25
0	0	0	.25
0	0	0	.25
0	1	0	.25
8	0	5	.25

1.5g NET CARBS	
<b>beet</b> - 1/4 medium (22g)	
<b>bell pepper, red</b> - 1/3 medium (39g)	
<b>cabbage</b> , red, shredded - 1/3 cup (29g)	
<b>carrot</b> - 1/3 medium (23g)	
<b>blackberries</b> - 7 medium (36g)	
<b>raspberries</b> - 8 medium (28g)	
<b>strawberries</b> - 2 medium (27g)	

1	0	0	1.5
1	0	0	1.5
1	0	0	1.5
1	0	0	1.5
2	0	0	1.5
1	0	0	1.5
1	0	0	1.5

<b>peanut butter</b> - 2 tsp (12g)	
<b>tahini</b> - 1 Tbsp (13g)	

7	3	3	1.5
8	2	3	1.5

0.5g NET CARBS	
<b>cucumber</b> , peeled - 1 1/2 in (4cm) (37g)	
<b>olives, black</b> - 3 medium (11g)	
<b>peanuts</b> , oil-roasted - 1 Tbsp (9g)	
<b>pecans</b> - 8 nuts (12g)	
<b>pumpkin seeds</b> - 1 Tbsp (10g)	
<b>sesame seeds</b> , brown/black - 1 1/2 tsp (4g)	
<b>garlic</b> - 1/2 clove or 1/4 tsp crushed	
<b>lemon juice</b> - 1 1/2 tsp	
<b>mayonnaise</b> - 1 Tbsp	
<b>SunButter</b> - 1 Tbsp (16g)	
<b>Lupini Caesar Dressing</b>   P. 42   - 1 Tbsp	
<b>MCT Ranch Dressing</b>   P. 70   - 1 Tbsp	
<b>Spicy Slaw Dressing</b>   P. 44   - 1 Tbsp	

0	0	0	.5
1	0	1	.5
5	2	2	.5
8	1	4	.5
6	4	2	.5
2	1	1	.5
0	0	0	.5
0	0	0	.5
9	0	5	.5
11	4	5	.5
5	1	3	.5
4	0	2	.5
5	1	3	.5

NET CARB FREEBIES	
<b>alfalfa sprouts</b> - 1/2 cup (21g)	
<b>fresh herbs*</b> (i.e. basil, cilantro, dill, mint, parsley, etc.) - a few leaves or sprigs	
<b>olives, green</b> - 3 medium (12g)	

0	1	0	0
0	0	0	0*
2	0	1	0

<b>mustard*</b> - 1 tsp	
<b>vinegar</b> , carb-free types	
<b>dried herbs and spices*</b>	
<b>oil</b> - 1 tsp	
<b>oil</b> - 1 Tbsp	

1	0	0	0*
0	0	0	0
0	0	0	0*
4	0	2	0
12	0	7	0

0.75g NET CARBS	
<b>tomato</b> - 1/4 medium (29g)	
<b>avocado</b> - 1/3 medium (42g)	
<b>almonds</b> , silvered - 1 Tbsp (9g)	
<b>hazelnuts</b> - 8 medium (11g)	
<b>walnuts</b> - 5 medium (11g)	

1	0	0	.75
7	1	3	.75
5	2	2	.75
7	2	3	.75
7	2	4	.75

TOTAL	CALS	P	F	NC

calories: (  x 10 ) = \_\_\_\_\_

protein:  + 1 = \_\_\_\_\_

fat:  x 2 = \_\_\_\_\_

net carbs:  = \_\_\_\_\_

calculate the **MACROS**