

Salad Club Sign-up sheet

Contributions for

Sign up for an ingredient **by** _____ or suggest your own!

Contribution	Name
Leafy Greens (1 head or one plastic container box)	
Leaf lettuce (red or green)	
Romaine	
Spinach	
Mixed greens	
Protein	
Chickpeas	
Lentils	
Beans	
Chicken	
Tuna	
Hard-boiled eggs	
Goat cheese	
Blue cheese	
Cottage cheese	
Grains /carbs	
Quinoa	
Couscous	
Pasta	
Croutons	

Contribution	Name
Vegetables	
Cherry tomatoes (1 container)	
Bell peppers (2)	
Mushrooms (1 container)	
Cucumbers (1)	
Red onion (1)	
Carrots (5 or 6)	
Celery (5 or 6 stalks)	
Broccoli (1 head)	
Fruit	
Avocado (2)	
Apple (2)	
Blueberries (1 container)	
Oranges (2)	
Melon (1/2)	
Dried fruit (raisins, cranberries, etc (1 cup)	
Nuts (1 cup) & seeds (1/2 cup)	
Almonds	
Walnuts	
Pine nuts	
Pumpkin seeds	
Fresh Herbs (small bowl)	
Parsley	
Basil	
Chives	
Cilantro	
Other	
salad dressing	