



**AUTHENTIC
HEALTH**

SALAD RECIPE PACK

*Discover 12 easy, healthy and tasty salads that
you can include for any time of the day*

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TABLE OF CONTENTS

1	THAI CHICKEN SALAD
2	AVOCADO & TUNA LAYERED SALAD
3	CUCUMBER AVOCADO & CHICKEN SALAD
4	HEALTHY CORONATION CHICKEN SALAD
5	GRILLED LEMON CHICKEN SALAD
6	TUNA AND QUINOA TOSS SALAD
7	SALMON AND COUSCOUS SALAD
8	SALMON & PEACH SALAD
9	STICKY CHICKEN ASIAN SALAD
10	GREEN AND BLACK BEAN TUNA SALAD
11	QUINOA BEET & GOAT CHEESE SALAD
12	QUINOA SALAD WITH FRIED EGG



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



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THAI CHICKEN SALAD

THAI CHICKEN SALAD



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
444 kcal
24g Fats
18g Carbs
25g Protein



WHAT YOU NEED

- 7 oz. (200g) chicken thighs, skinless
- 1 tbsp. coconut oil
- 2 limes, juiced
- 1 tbsp. fish sauce
- 1 tsp. coconut sugar
- 1 clove garlic, minced
- 1 tbsp. olive oil
- 2 handfuls salad leaves
- 1 medium cucumber, sliced
- 1 red onion, sliced
- 1 red pepper, sliced
- 1 handful fresh mint
- 1 handful fresh coriander
- ¼ cup peanuts, roasted

WHAT YOU NEED TO DO

Season the chicken with salt and pepper. Heat the coconut oil in frying pan over high heat and fry the chicken until brown and cooked through. Remove from the pan and let it rest on a plate.

Meanwhile, make the dressing by mixing the fish sauce, lime juice, sugar, garlic, and olive oil in a small bowl.

Then, mix the salad leaves and sliced vegetables in a large bowl and drizzle with the dressing.

Divide the salad between plates, cut the chicken into strips, and place it on top of the salad. Garnish with the mint and coriander leaves and sprinkle with roasted peanuts.



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**AVOCADO & TUNA
LAYERED SALAD**

AVOCADO & TUNA LAYERED SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
279 kcal
20g Fats
14g Carbs
15g Protein



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WHAT YOU NEED

- 5 oz. (140g) canned tuna in brine, drained
- 1 tbsp. mayonnaise
- 1 tbsp. coriander, chopped
- 1 lime, juiced
- 1 avocado
- 1/2 cup

WHAT YOU NEED TO DO

In a bowl, mix tuna, mayonnaise, coriander and juice from half a lime. Season with salt and pepper to taste.

Chop the flesh of the avocado and place in a bowl. Drizzle it with the remaining half of a lime—season with salt and pepper.

On a plate layer, the salad with half of the avocado, then half of the tuna, and finish with a layer of Pico de Gallo. Use the other half of the salad for the second serving.



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A top-down view of a white ceramic bowl with blue floral patterns, filled with a salad. The salad consists of sliced cucumbers, chunks of avocado, and pieces of cooked chicken with a golden-brown, slightly charred skin. A white dressing is drizzled over the ingredients, and fresh basil leaves are scattered on top. The bowl sits on a light-colored, textured cloth. In the bottom right corner, a wooden salad server is visible.

**CUCUMBER, AVOCADO
& CHICKEN SALAD**

CUCUMBER, AVOCADO & CHICKEN SALAD



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
304 kcal 20g
Fats
12g Carbs
21g Protein



WHAT YOU NEED

For the salad:

- ½ head iceberg lettuce, shredded
- a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice
- ½ cucumber, peeled
- ¼ cup (25g) walnuts

For the chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey

For the sauce:

- 3 tbsp. Yoghurt
- 1 tbsp. mayo
- 1 garlic clove, minced

WHAT YOU NEED TO DO

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.



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A top-down photograph of a white ceramic bowl filled with coronation chicken salad. The salad consists of cubed chicken, green peas, and a yellow dressing, all garnished with black pepper. The bowl sits on a light-colored wooden surface. To the right of the bowl, a piece of crusty bread with sesame seeds is visible. A semi-transparent white rectangular box is overlaid on the top right of the bowl, containing the title text. The background includes a striped cloth and a wooden cutting board.

**HEALTHY CORONATION
CHICKEN SALAD**

HEALTHY CORONATION CHICKEN SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
217 kcal
8g Fats
10g Carbs
25g Protein



WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

WHAT YOU NEED TO DO

Mix the mayonnaise, yoghurt and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.

Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.

Serve with a side salad or as a sandwich filling.



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A close-up photograph of a white ceramic plate containing a grilled lemon chicken salad. The salad consists of several pieces of grilled chicken breast, some cut into halves, resting on a bed of fresh green arugula and roasted asparagus spears. A single half of a grilled lemon is placed on the left side of the plate. A silver fork is positioned on the left side of the plate. The background is a light-colored wooden surface, and a blurred glass of amber liquid is visible in the upper left corner.

GRILLED LEMON CHICKEN SALAD

GRILLED LEMON CHICKEN SALAD



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
242 kcal
8g Fats
2g Carbs
38g Protein



WHAT YOU NEED

- 2 lemons
- 1 1/2 tbsp. oregano
- 1 1/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

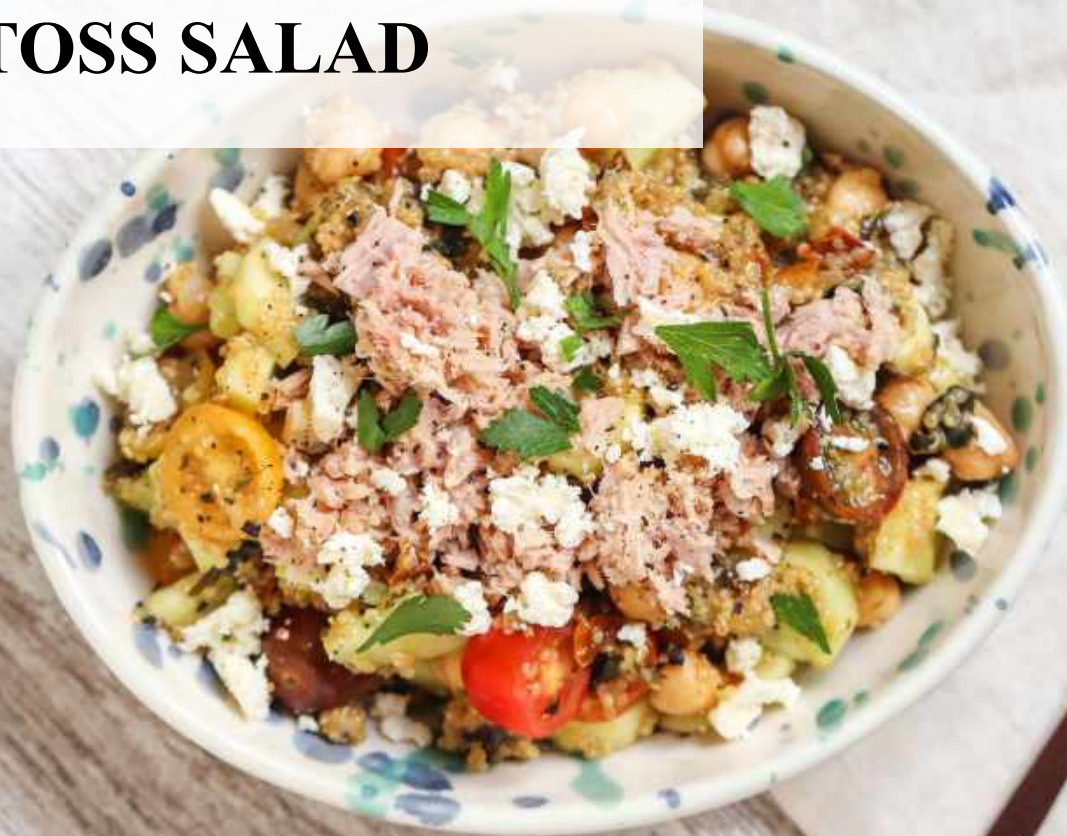
Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.



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TUNA & QUINOA TOSS SALAD



TUNA & QUINOA TOSS SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
399 kcal 11g
Fats
41g Carbs
37g Protein



GF

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WHAT YOU NEED

For the Dressing:

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt & pepper, to taste

For the Salad:

- 1 cup (185g) cooked quinoa
- 1/4 cup (50g) chickpeas, rinsed and drained
- 1/2 cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (7 oz./200g drained)

WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine the dressing ingredients in a small bowl. Combine quinoa and the remaining ingredients in a bowl.

Drizzle with the earlier made dressing and toss gently to coat.



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SALMON & COUSCOUS SALAD



SALMON & COUSCOUS SALAD



Serves: 2
Prep: 10 mins
Cook: 12 mins



Nutrition per
serving:
516 kcal
29g Fats
29g Carbs
36g Protein



WHAT YOU NEED

For the Salmon:

- 2x 4 oz. (115g) pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- Sea salt and pepper

For the Salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1 cup (157g) couscous, cooked
- 1/2 red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

For the Dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- ½ tsp. Dijon mustard
- ½ tsp. maple syrup or honey (optional)
- Sea salt and pepper, to taste

WHAT YOU NEED TO DO

Preheat oven to 400F (200C). Rub the salmon with olive oil and season with salt and pepper.

Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.

In the meantime, make the dressing by whisking together all the ingredients.

Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.

Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.



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A top-down view of a white ceramic bowl filled with a colorful salmon and peach salad. The salad includes pieces of grilled salmon, sliced peaches, corn cobs, cherry tomatoes, and fresh basil leaves. The bowl is set on a light-colored, possibly marble, surface. In the top left corner, there is a small glass bowl containing more cherry tomatoes. In the bottom right corner, another bowl with similar salad is partially visible. A white napkin is tucked under the main bowl on the right side.

SALMON & PEACH SALAD

SALMON & PEACH SALAD



Serves: 2
Prep: 30 mins
Cook: 15 mins



Nutrition per
serving:
416 kcal
25g Fats
21g Carbs
33g Protein



GF

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HP



WHAT YOU NEED

For the marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- 1/2 tsp. ground pepper

For the salad:

- 2 salmon filets (5 oz./140g each)
- 1 cob corn, cooked
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

WHAT YOU NEED TO DO

Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.

In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.

Next, preheat the oven to 400F (200c) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.

Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.

To serve, drizzle with balsamic vinegar and season with salt and pepper.



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STICKY CHICKEN ASIAN SALAD



STICKY CHICKEN ASIAN SALAD



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
428 kcal
21g Fats
35g Carbs
30g Protein



WHAT YOU NEED

- 300g (10 ½ oz.) chicken breast fillets
- 2 tbsp. soy sauce (gluten free)
- ¼ cup (90g) clear honey
- 1 clove garlic, minced
- 2 tbsp. sesame oil
- 3 ½ cups (350g) cabbage, finely sliced
- 1 large carrot, finely sliced
- 1 cucumber, finely sliced
- 3 spring onions, sliced
- 1 cup (30g) mint, leaves
- 1 cup (30g) fresh coriander, leaves
- ½ cup (80g) almonds, roughly chopped
- 1 tbsp. toasted sesame seeds

WHAT YOU NEED TO DO

Lay the chicken between 2 sheets of clingfilm and pound with a rolling pin to slightly flatten.

To make the marinade, put the soy sauce, honey, garlic and 1 tbsp. sesame oil in a large bowl and stir to combine. Add the chicken and put in the fridge. Allow it to marinate for at least 10 minutes.

Heat 1 tbsp. of sesame oil in a large frying pan over high heat. Fry the chicken for 4-5 minutes each side or until brown. Then take off the pan, and set aside to slightly cool and thinly slice or shred.

Reduce the heat to medium, add the remaining marinade to the pan and cook for 5-6 minutes or until sticky. Set aside to cool.

Put the cabbage, carrot, cucumber, onion, mint, coriander, almonds, sesame seeds and the chicken in a large serving bowl. Add the soy dressing and toss to combine.

Serve straight away or store in the fridge.



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GREEN & BLACK BEAN TUNA SALAD

GREEN & BLACK BEAN TUNA SALAD



Serves: 2
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
266 kcal
9g Fats
16g Carbs
30g Protein



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WHAT YOU NEED

- 2/3 cup (100g) green beans
- 4 handfuls baby spinach
- 2/3 cup (100g) canned black beans, drained
- 7/8 cup (200g) tuna in water, drained
- 1 tbsp. olive oil
- 1 tsp. oregano
- 1 tbsp. capers
- 2 tbsp. pumpkin seeds

WHAT YOU NEED TO DO

Blanche the green beans for about 5 minutes. Drain and rinse the black beans.

Mix the spinach, green beans, tuna, black beans, oregano and olive oil in a bowl.

Divide the salad between two bowls, top each with capers and drizzle 1 tsp. of its brine liquid. Season with freshly ground black pepper and sprinkle with the pumpkin seeds to serve.



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**QUINOA, BEET &
GOAT CHEESE SALAD**

QUINOA, BEET & GOAT CHEESE SALAD



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
425 kcal
22g Fats
44g Carbs
14g Protein



WHAT YOU NEED

- 1 cup (170g) raw quinoa
- 2 small beets, cooked, chopped
- 4 handfuls rocket
- 3 ½ oz. (100g) goat cheese, crumbled
- 1/2 cup (60g) dried cranberries
- 1/4 cup (30g) walnuts, roughly chopped
- 2 tbsp. olive oil
- ¼ lemon, juice only

WHAT YOU NEED TO DO

Cook quinoa according to instructions on packaging.

Once quinoa is cooked, divide it between two serving bowls. Add chopped beetroot, rocket and crumbled goat cheese.

Finally top with cranberries and walnuts. To serve, season with salt and pepper, and drizzle with olive oil and lemon juice.



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QUINOA SALAD WITH FRIED EGG



QUINOA SALAD WITH FRIED EGG



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
391 kcal
26g Fats
23g Carbs
17g Protein



WHAT YOU NEED

- 1/4 cup (30g) quinoa
- 1 avocado
- 1 tbsp. lemon juice
- 4 handfuls of mixed salad leaves
- 1/2 red bell pepper
- 10 cherry tomatoes
- 1 tbsp. coconut oil
- 4 eggs

WHAT YOU NEED TO DO

Cook the quinoa according to the instructions on the packaging.

Cut the avocado into cubes, and drizzle with lemon juice. Cut the peppers into cubes, and tomatoes into halves.

Mix the quinoa with salad leaves, avocado, paprika and cherry tomatoes, and divide onto 2 plates.

Fry the eggs in a pan with the coconut oil. Top the salad with two eggs each. Season with salt and pepper then serve.



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