

SALADS

Spinach & Blueberry Salad

Makes about 8 servings · ~1½ cups each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 4 g · Fiber 3 g · Calories 300	

Ingredients

- Salad: 2 packages prewashed spinach salad mix
- Salad: ½ pint blueberries
- Salad: ¾ cup blue cheese, crumbled
- Salad: ½ cup pecans, toasted and chopped
- Dressing: ½ pint blueberries
- Dressing: 1 green onion, minced
- Dressing: 1 tsp salt
- Dressing: 1½ Tbsp honey
- Dressing: ⅓ cup raspberry vinegar
- Dressing: 1 cup olive oil

Directions

1. Combine all dressing ingredients in a blender and process until smooth.
2. Combine the salad ingredients and refrigerate until ready to serve.
3. Add the dressing right before serving, toss, and serve.

Note: The dressing is oil-rich — dress to taste rather than using it all; leftover dressing keeps in the fridge.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 2 packages prewashed spinach salad mix
- ☐ ½ pint blueberries
- ☐ 1 green onion

DAIRY & EGGS

- ☐ ⅔ cup blue cheese

PANTRY & DRY GOODS

- ☐ ½ cup pecans, toasted

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Honey
- ☐ Vinegar
- ☐ Olive oil