



Pre-Workout Vinaigrette with Mixed Green Salad and Rosemary Sprouted-Grain Chips

Chip and Salad Ingredients

Organic mixed greens 2 cups
Sliced almonds 1/8 cup
Goji berries 2 tbsp
Small avocado 1/4
Sprouted-grain tortilla 1/2
Rosemary (dried or fresh) 1/2 tsp
Sea salt (to taste)
Cooking spray

Vinaigrette Ingredients

Dymatize Pre-workout 1 scoop [CU WAITING ON SPECIFIC PRODUCT TO USE]
Strawberries/berries, thawed or fresh 1/2 cup
Extra-virgin olive oil 1/4 cup
Fresh lemon juice 2 tbsp
Honey (optional) 1 tbsp
Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees.
2. Cut the tortilla into triangles and spray both sides of the "chips" with the cooking spray.
3. Sprinkle with salt and rosemary, and place in the oven on a perforated pan. Bake for 8-10 minutes. Be sure to watch the chips closely so they don't burn.
4. Carefully remove the chips from oven and let cool.
5. To make the vinaigrette, place berries, olive oil, lemon juice, pre-workout, and honey in a blender. Blend until smooth. Season with salt and pepper to taste.

6. Toss the mixed greens with 2 tablespoons of pre-workout vinaigrette, and refrigerate the remainder of the dressing. Top with the remaining ingredients and dive in. Don't forget to add a lean protein!

g