Day 6, Meal 3: Pre-Workout Meal: Roasted Beet Salad

Salad Ingredients:
- Red beets, 2 cups
- Golden beets, 2 cups
- Sweet potato, 2 cups
- Mixed greens, 8 cups
- Anjou pear, cubed, 2 medium
- Dried cranberries, 1 cup
- Pumpkin seeds, 1 cup
- Feta cheese crumbles, 1 cup
- Red onion, sliced, 1 medium
- Chicken breast, cooked, 12 oz.

Dressing Ingredients:
- Shallot, finely minced, 1
- Salt, to taste
- Dijon mustard, 2 tbsp
- Honey, 1 tbsp
- Apple sauce, 2 tbsp
- Apple cider vinegar, 1 tbsp
- Olive oil, 1 tbsp

Directions
1. To roast the beets, preheat your oven to 375 degrees F. Spray the beets and sweet potatoes with nonfat cooking spray, sprinkle them with salt, and wrap them in aluminum foil. Bake for 45-60 minutes or until soft all the way through (poke one with a fork to test). The potatoes may need to cook slightly longer than the beets. Once cool, dice the beets and potatoes into cubes.
2. Once the beets and potato have cooled, begin to compose the salad. Combine the greens, pear, cranberries, pumpkin seeds, onion, and cheese in a large serving bowl. Add the beets, potato, and chicken.
3. To make the dressing cook the shallots in a skillet over medium heat until soft, about 2 minutes. Add a pinch of salt if desired. Whisk together all the dressing ingredients in a small dish, then add to the salad and toss.

**Nutrition Facts:**
Serving size: 1/4 recipe  
Recipe yields 4 servings

Calories: 188  
Fat: 4 g  
Carbs: 35 g  
Protein: 3 g