



## **Workout Energy Salad**

### **Ingredients**

- 1 cup lettuce, torn into bite-sized pieces
- 1/3 cup spinach, torn into bite-sized pieces
- 1/3 cucumber, peeled and sliced
- 1/3 tomato, sliced
- 3/4 cup sprouts
- 1/3 cup shredded carrots
- 1/3 cup sliced mushrooms
- 1/3 avocado, cubed
- 1 tbsp raw sunflower seeds
- 1 tbsp olive oil
- 2 tsp lemon juice
- Dash each of thyme, parsley, basil

### **Directions**

1. In a medium-sized salad bowl, combine lettuce, spinach, cucumber, tomato, sprouts, carrots, mushrooms, avocado, and sunflower seeds.
2. In a screw-top jar, mix olive oil with lemon juice and herbs. Shake vigorously, and pour over salad.