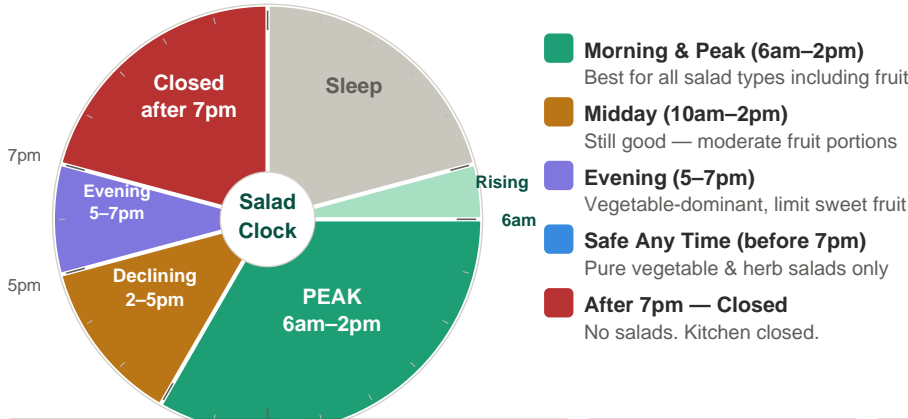


Healing Salad Guide

Vegetable + Herb + Fruit Combinations · Organized by Major Organ · Mapped to Optimal Eating Times

Optimal Salad Eating Times — Insulin Sensitivity Clock



GREENS BASE	VEGETABLES	HERBS	FRUIT	DRESSING
Kale · Spinach · Arugula Watercress · Romaine Dandelion · Beet Greens	Broccoli · Beets · Celery Cucumber · Bell Peppers Avocado · Radishes	Parsley · Cilantro · Thyme Rosemary · Basil · Mint Turmeric Root · Ginger	Pomegranate · Blueberries Lemon · Kiwi · Mango Tart Cherries · Guava	EVOO · Lemon · ACV + Black Pepper always + Fat for absorption

Six rules for maximum benefit: (1) Always use olive oil — fat-soluble nutrients (vitamins A E K, curcumin, carotenoids) require fat to absorb. (2) Add lemon or ACV to every dressing — vitamin C increases iron absorption up to 300%. (3) Eat salad before or at the start of every meal — fiber-first slows glucose from everything eaten after. (4) Fresh herbs are medicine — be generous. A tablespoon is a therapeutic dose. (5) Eat cruciferous raw when possible (broccoli, kale) — exception: thyroid patients must cook all cruciferous. (6) Turmeric in dressing always with black pepper — absorption increases 2000% with piperine.

♥■ Heart & Cholesterol

SAFE ANY TIME

The LDL Buster Bowl

Base: 2 cups chopped kale + 1 cup collard greens

Vegetables 1 cup shredded red cabbage · ½ avocado (sliced) · ½ cup edamame · ¼ cup red onion (thin sliced) · 1...

Herbs 2 tbsp fresh parsley · 1 tsp fresh thyme

Fruit ½ cup pomegranate arils · 1 tbsp lemon zest

Dressing Lemon + extra virgin olive oil + garlic + pinch sea salt

Kale bile acid binding removes LDL directly from the gut. Flaxseed lignans reduce arterial plaque.

Systems: Heart & Cholesterol · Artery Health

MORNING 7am–12pm

The HDL Raiser

Base: 2 cups dark leafy greens (spinach + arugula mix)

Vegetables ½ avocado (cubed) · ¼ cup walnuts · ½ cup shredded beets · ¼ cup red onion · ½ cup cherry tomatoes

Herbs 1 tbsp fresh rosemary (fine chopped) · 2 tbsp fresh basil

Fruit ½ cup blueberries · ¼ cup pomegranate arils

Dressing Apple cider vinegar + olive oil + raw honey + Dijon mustard

Walnuts ALA omega-3 improve arterial elasticity. Arugula nitrates lower blood pressure.

Systems: Heart & Cholesterol · Artery Health · Brain & Cognitive

SAFE ANY TIME

The Cholesterol Reset

Base: 2 cups chopped romaine + 1 cup watercress

Vegetables ½ cup cauliflower florets (raw) · ¼ cup shaved fennel · ½ cup sliced cucumber · ¼ cup shiitake mushro...

Herbs 2 tbsp fresh dill · 1 tbsp fresh chives

Fruit ¼ cup sliced pears · 1 tbsp lemon juice

Dressing Tahini + lemon + garlic + olive oil + water to thin

Shiitake eritadenine uniquely inhibits cholesterol absorption in the gut.
Fennel anethole reduces cholesterol synthesis.

Systems: Heart & Cholesterol · Liver & Detox · Gut & Digestion

■ Kidneys

SAFE ANY TIME

The Renal Cleanse Bowl

Base: 2 cups shredded cabbage (green + purple)

Vegetables 1 cup sliced cucumber (with skin) · ½ cup sliced bell peppers (red) · ½ cup cauliflower florets · ¼ c...

Herbs 3 tbsp fresh parsley (generous) · 1 tbsp fresh dill

Fruit ½ cup sliced strawberries · 1 tbsp lemon juice

Dressing Fresh lemon juice + olive oil + pinch sea salt + fresh dill

Every ingredient in this salad is low potassium and low phosphorus — safe for all stages of kidney disease. Parsley apigenin reduces kidney inflammation.

Systems: Kidneys · Anti-Inflammatory · Blood Health

SAFE ANY TIME

The Stone Prevention

Base: 2 cups arugula + 1 cup watercress

Vegetables 1 cup sliced cucumber (with skin) · ½ cup shredded zucchini · ½ cup sliced turnips · ¼ cup chopped ce...

Herbs 2 tbsp fresh parsley · 1 tbsp fresh cilantro

Fruit ¼ cup cranberries (unsweetened) · 2 tbsp lemon juice · 1 tsp lemon zest

Dressing Lemon juice + olive oil + raw honey + pinch sea salt

Arugula is a mild diuretic that supports urinary tract waste elimination. Cranberries prevent bacterial adhesion to kidney tissue.

Systems: Kidneys · Lymphatic · Anti-Inflammatory

SAFE ANY TIME

The Urinary Soother

Base: 2 cups shredded cabbage + 1 cup shredded bok choy

Vegetables 1 cup cucumber (with skin) · ½ cup sliced bell peppers · ¼ cup shredded turnips · 2 stalks celery · ...

Herbs 2 tbsp fresh mint · 2 tbsp fresh parsley

Fruit ¼ cup blueberries · 1 tbsp lime juice

Dressing Coconut aminos + sesame oil + fresh ginger + lime juice

Bok choy provides calcium without the high oxalate that causes kidney stones. Blueberries are among the lowest-potassium fruits — safe for kidney patients with measurable antioxidant protection of renal tissue..

Systems: Kidneys · Immune System · Anti-Inflammatory

■ Blood Glucose

SAFE ANY TIME

The Insulin Sensitivity Salad

Base: 2 cups Swiss chard (raw, massaged)

Vegetables 1 cup sliced cucumber · ½ cup edamame · ½ cup shredded red cabbage · ¼ cup sliced celery · 2 tbsp g...

Herbs 2 tbsp fresh holy basil (tulsi) · 1 tbsp fresh mint

Fruit ¼ cup blueberries · 1 tsp lemon juice

Dressing Apple cider vinegar + olive oil + Ceylon cinnamon (pinch) + raw honey + garlic

Swiss chard syringic acid mimics insulin independently. ACV in the dressing inhibits alpha-glucosidase — the enzyme that converts starch to glucose.

Systems: Blood Glucose · Kidneys · Anti-Inflammatory

SAFE ANY TIME

The Low Glycemic Power Bowl

Base: 2 cups arugula + 1 cup spinach

Vegetables ½ cup raw broccoli florets · ¼ cup sliced green beans · ½ cup shaved fennel · ¼ cup sliced cucumber ...

Herbs 1 tbsp fresh rosemary · 2 tbsp fresh parsley

Fruit ¼ cup green apple (thin sliced) · 1 tsp lemon zest

Dressing Tahini + lemon + raw garlic + olive oil + pinch black pepper

Broccoli chromium directly supports insulin receptor function. Fennel anethole improves cellular insulin sensitivity.

Systems: Blood Glucose · Liver & Detox · Heart & Cholesterol

SAFE ANY TIME

The Pre-Meal Glucose Buffer

Base: 2 cups chopped romaine + 1 cup cucumber (with skin)

Vegetables ½ cup sliced celery · ½ cup shredded cabbage · ¼ cup sliced radishes · 2 tbsp ground chia seeds

Herbs 2 tbsp fresh dill · 1 tbsp fresh chives · 1 tsp fresh ginger (grated)

Fruit ¼ cup raspberries · 1 tbsp lemon juice

Dressing Lemon + olive oil + grated ginger + raw honey (small amount) + sea salt

Eat this before every carbohydrate-heavy meal. The fiber from chia, cucumber, and celery slows gastric emptying.

Systems: Blood Glucose · Gut & Digestion · Kidneys

■ Liver & Detox

MORNING 7am–12pm

The Liver Detox Bowl

Base: 2 cups massaged kale + 1 cup arugula

Vegetables 1 cup raw broccoli florets · ½ cup shredded beet (raw) · ½ cup sliced radishes · ¼ cup diced avocado ...

Herbs 3 tbsp fresh dandelion greens · 2 tbsp fresh parsley

Fruit ¼ cup pomegranate arils · 1 tbsp lemon juice · 1 tsp lemon zest

Dressing Lemon zest + olive oil + raw garlic + turmeric + black pepper + sea salt

Kale glucosinolates upregulate Phase I and Phase II liver detox simultaneously. Raw beet betaine drives the liver methylation cycle.

Systems: Liver & Detox · Anti-Inflammatory · Cellular Health

MORNING 7am–12pm

The Bile Flow Salad

Base: 2 cups chopped romaine + 1 cup dandelion greens

Vegetables ½ cup artichoke hearts (steamed) · ½ cup shredded beet greens · ¼ cup sliced fennel · ¼ cup shaved Br...

Herbs 2 tbsp fresh tarragon · 1 tbsp fresh chives

Fruit ¼ cup sliced pears · 1 tbsp lemon juice

Dressing Apple cider vinegar + olive oil + garlic + Dijon mustard + sea salt

Artichoke cynarin is the most potent plant compound for bile production — forces the liver to pull LDL from the bloodstream. Beet greens contain more liver-protective betaine than the beet itself.

Systems: Liver & Detox · Heart & Cholesterol · Gut & Digestion

MORNING 7am–12pm

The Blood Purifier

Base: 2 cups beet greens + 1 cup spinach

Vegetables ½ cup shredded raw beets · ½ cup sliced cucumber · ¼ cup red onion · ¼ cup fresh corn · 2 tbsp hemp...

Herbs 3 tbsp fresh cilantro · 2 tbsp fresh parsley

Fruit ¼ cup blueberries · 1 tbsp lime juice

Dressing Lime juice + olive oil + garlic + ginger + sea salt + pinch cayenne

Cilantro chelates heavy metals from liver and lymphatic tissue — the most effective food chelator available. Beet greens betaine drives liver methylation.

Systems: Liver & Detox · Blood Health · Lymphatic

■ Artery Health

MORNING 7am–12pm

The Endothelium Repair Salad

Base: 2 cups spinach + 1 cup watercress

Vegetables ½ cup roasted beets (cooled) · ½ cup cherry tomatoes · ¼ cup red onion · ¼ cup avocado (cubed) · 2 ...

Herbs 2 tbsp fresh basil · 1 tbsp fresh thyme

Fruit ¼ cup pomegranate arils · ¼ cup blueberries

Dressing Pomegranate juice + olive oil + raw honey + balsamic vinegar + black pepper

Pomegranate punicalagins actively reverse arterial plaque — one of the only foods ever shown to do this in human studies. Spinach nitrates dilate arteries within 90 minutes.

Systems: Artery Health · Heart & Cholesterol · Anti-Inflammatory

MORNING 7am–12pm

The Nitric Oxide Salad

Base: 2 cups arugula + 1 cup baby spinach

Vegetables ½ cup roasted beets (sliced) · ½ cup celery (sliced) · ¼ cup walnuts · ¼ cup red onion · ½ avocado ...

Herbs 2 tbsp fresh parsley · 1 tbsp fresh oregano

Fruit ¼ cup sliced strawberries · 1 tbsp lemon juice

Dressing Lemon juice + olive oil + garlic + sea salt + fresh cracked pepper

Arugula erucin compounds and beet nitrates create the highest nitric oxide production of any food combination. NO relaxes and dilates arterial walls directly.

Systems: Artery Health · Heart & Cholesterol · Brain & Cognitive

PEAK ZONE 6am–2pm

The Circulation Boost

Base: 2 cups kale (massaged) + 1 cup collard greens

Vegetables ½ cup cherry tomatoes · ½ cup sliced cucumber · ¼ cup shaved fennel · ¼ cup edamame · 1 tbsp chia s...

Herbs 2 tbsp fresh basil · 2 tbsp fresh mint

Fruit ¼ cup blueberries · ¼ cup sliced oranges (with pith) · 1 tsp orange zest

Dressing Orange juice + olive oil + garlic + raw honey + fresh ginger

Orange hesperidin improves arterial blood flow and reduces stiffness. Collard greens are the top bile acid-binding vegetable — removes cholesterol before arterial deposit.

Systems: Artery Health · Heart & Cholesterol · Immune System

■ Brain & Cognitive

MORNING 7am–12pm

The Neuro-Clarity Bowl

Base: 2 cups baby spinach + 1 cup watercress

Vegetables ½ avocado (cubed) · ¼ cup walnuts · ½ cup shredded beets · ¼ cup sliced celery · 2 tbsp hemp seeds

Herbs 2 tbsp fresh rosemary (fine chopped) · 2 tbsp fresh sage

Fruit ¼ cup blueberries · ¼ cup blackberries

Dressing Walnut oil + lemon + raw honey + fresh rosemary + sea salt

Rosemary 1,8-cineole inhibits acetylcholinesterase — keeps the memory neurotransmitter active longer. Walnuts provide ALA omega-3 for brain membrane integrity.

Systems: Brain & Cognitive · Artery Health · Cellular Health

PEAK ZONE 6am–2pm

The Memory Salad

Base: 2 cups arugula + 1 cup baby kale

Vegetables ½ cup blueberries (as ingredient) · ¼ cup raw walnuts · ½ cup sliced cucumber · ¼ cup sliced celery ...

Herbs 2 tbsp fresh basil · 1 tbsp fresh mint · 1 tsp fresh lavender (optional)

Fruit ¼ cup pomegranate arils · ¼ cup sliced mango · 1 tbsp lemon juice

Dressing Balsamic vinegar + olive oil + raw honey + fresh basil + black pepper

Pomegranate punicalagins cross the blood-brain barrier and reduce neuroinflammation. Mango mangiferin and lupeol reduce brain aging markers.

Systems: Brain & Cognitive · Anti-Inflammatory · Cellular Health

SAFE ANY TIME

The Focus & Calm

Base: 2 cups baby spinach + 1 cup romaine

Vegetables ½ cup edamame · ½ cup sliced bell peppers (yellow) · ¼ cup avocado · ¼ cup sliced cucumber · 1 tbsp...

Herbs 2 tbsp fresh holy basil (tulsi) · 2 tbsp fresh lemon balm

Fruit ¼ cup blueberries · ¼ cup sliced kiwi

Dressing Lemon + olive oil + raw honey + fresh holy basil + sea salt

Holy basil adaptogenic action reduces cortisol damage to the hippocampus — the brain's memory center. Lemon balm rosmarinic acid provides calm focus by inhibiting GABA breakdown.

Systems: Brain & Cognitive · Adrenal & Stress Response · Blood Glucose

■ Anti-Inflammatory

SAFE ANY TIME

The Golden Anti-Inflammatory

Base: 2 cups baby spinach + 1 cup arugula

Vegetables ½ cup raw broccoli florets · ½ cup shredded red cabbage · ¼ cup sliced cucumber · ¼ cup red onion · ...

Herbs 1 tbsp fresh turmeric (grated) · 1 tbsp fresh ginger (grated) · 2 tbsp fresh parsley

Fruit ¼ cup blueberries · ¼ cup tart cherries (pitted) · 1 tbsp lemon juice

Dressing Fresh turmeric + ginger + lemon + olive oil + black pepper + raw honey

Fresh turmeric curcumin inhibits NF-kB — the master inflammatory pathway. Ginger COX-2 inhibition is comparable to ibuprofen.

Systems: Anti-Inflammatory · Artery Health · Bones & Joints

PEAK ZONE 6am–2pm

The COX-2 Crusher

Base: 2 cups watercress + 1 cup dandelion greens

Vegetables ½ cup cherry tomatoes · ½ cup sliced bell peppers (orange) · ¼ cup red onion · ¼ cup avocado · 2 tb...

Herbs 3 tbsp fresh basil · 1 tbsp fresh oregano

Fruit ¼ cup tart cherries · ¼ cup sliced mango · 1 tbsp lime juice

Dressing Sesame oil + lime juice + ginger + garlic + raw honey + sea salt

Watercress PEITC is a COX-2 inhibitor with systemic anti-inflammatory effect. Orange bell peppers capsanthin reduces CRP — the primary blood marker of inflammation.

Systems: Anti-Inflammatory · Immune System · Skin & Integumentary

SAFE ANY TIME

The Reishi & Root Salad

Base: 2 cups massaged kale + 1 cup baby spinach

Vegetables ½ cup sliced shiitake mushrooms (lightly sautéed, cooled) · ½ cup shredded beets · ¼ cup sliced celery ...

Herbs 2 tbsp fresh thyme · 1 tsp dried reishi powder (mixed into dressing)

Fruit ¼ cup blueberries · 1 tbsp lemon juice

Dressing Reishi powder + miso paste + rice vinegar + sesame oil + garlic + ginger

Reishi triterpenes reduce inflammatory cytokines at the deepest level. Shiitake beta-glucans activate macrophages and reduce systemic inflammation.

Systems: Anti-Inflammatory · Immune System · Liver & Detox

■ Gut & Digestion

SAFE ANY TIME

The Microbiome Feast

Base: 2 cups shredded raw cabbage + 1 cup arugula

Vegetables ½ cup artichoke hearts (steamed, cooled) · ½ cup asparagus (blanched, cooled) · ¼ cup sliced leeks (raw...)

Herbs 2 tbsp fresh dill · 2 tbsp fresh parsley

Fruit ¼ cup sliced green apple · 1 tbsp lemon juice

Dressing Apple cider vinegar + olive oil + garlic + Dijon + raw honey + dill

Artichoke inulin is the most effective prebiotic for Bifidobacterium. Asparagus inulin plus glutathione supports gut lining integrity.

Systems: Gut & Digestion · Liver & Detox · Immune System

PEAK ZONE 6am–2pm

The Enzyme Activator

Base: 2 cups shredded romaine + 1 cup baby spinach

Vegetables ½ cup shaved fennel · ½ cup sliced cucumber · ¼ cup sliced celery · 2 tbsp pumpkin seeds · 2 tbsp s...

Herbs 3 tbsp fresh mint · 2 tbsp fresh fennel fronds

Fruit ¼ cup ripe papaya (cubed) · ¼ cup kiwi (sliced) · 1 tbsp lime juice

Dressing Lime juice + olive oil + fresh mint + raw honey + sea salt

Papaya papain enzyme breaks down proteins in the gut — reduces bloating and digestive burden. Kiwi actinidin accelerates gastric emptying.

Systems: Gut & Digestion · Blood Glucose · Anti-Inflammatory

SAFE ANY TIME

The IBS Calm

Base: 2 cups romaine + 1 cup shredded cabbage

Vegetables ½ cup sliced cucumber · ½ cup shaved fennel · ¼ cup sliced zucchini · ¼ cup celery · 1 tbsp chia seeds

Herbs 3 tbsp fresh mint · 2 tbsp fresh chamomile flowers (fresh if available) · 1 tsp fre...

Fruit ¼ cup sliced banana (slightly underripe) · 1 tbsp lemon juice

Dressing Lemon + olive oil + fresh mint + ginger + sea salt

Fennel antispasmodic compounds relax gut muscle and reduce cramping. Slightly underripe banana resistant starch feeds beneficial bacteria and slows transit.

Systems: Gut & Digestion · Anti-Inflammatory · Blood Glucose

■ Immune System

SAFE ANY TIME

The Viral Defense Salad

Base: 2 cups baby spinach + 1 cup watercress

Vegetables ½ cup raw broccoli florets · ½ cup sliced bell peppers (red) · ¼ cup red onion · ¼ cup sliced cucumbe...

Herbs 3 tbsp fresh oregano · 2 tbsp fresh thyme · 1 tsp raw garlic (minced)

Fruit ¼ cup kiwi (sliced) · ¼ cup sliced oranges · 1 tbsp lemon juice

Dressing Raw garlic + lemon + olive oil + raw honey + black pepper + sea salt

Raw garlic allicin is one of the most potent natural antimicrobials tested. Oregano carvacrol has broad-spectrum antimicrobial activity.

Systems: Immune System · Anti-Inflammatory · Lungs & Respiratory

SAFE ANY TIME

The Mushroom Immunity Bowl

Base: 2 cups massaged kale + 1 cup baby spinach

Vegetables ½ cup shiitake (lightly sautéed, cooled) · ½ cup maitake mushrooms (sautéed) · ¼ cup edamame · ¼ cup ...

Herbs 2 tbsp fresh thyme · 1 tsp dried astragalus powder (in dressing) · 1 tsp ginger (gr...

Fruit ¼ cup blueberries · 1 tbsp lemon juice

Dressing Miso + sesame oil + rice vinegar + garlic + ginger + astragalus powder

Shiitake lentinan is a clinically studied beta-glucan that directly activates macrophages and T-cells. Astragalus polysaccharides in the dressing build deep immune competence.

Systems: Immune System · Liver & Detox · Cellular Health

■ Cellular Health

MORNING 7am–12pm

The Autophagy Salad

Base: 2 cups broccoli sprouts + 1 cup watercress

Vegetables ½ cup raw broccoli florets · ½ cup sliced cucumber · ¼ cup sliced celery · ¼ cup avocado · 1 tbsp c...

Herbs 1 tsp fresh turmeric (grated) · 1 tbsp fresh parsley · 1 tsp black seed (nigella) a...

Fruit ¼ cup blueberries · 1 tsp lemon zest

Dressing Lemon + olive oil + raw garlic + turmeric + black pepper + sea salt

Broccoli sprouts contain 100x more sulforaphane than mature broccoli — activates autophagy (cellular self-cleaning) and is most potent eaten raw. Black seed thymoquinone protects DNA from mutagenic damage.

Systems: Cellular Health · Liver & Detox · Anti-Inflammatory

MORNING 7am–12pm

The Longevity Bowl

Base: 2 cups baby spinach + 1 cup arugula

Vegetables ½ avocado (cubed) · ¼ cup walnuts · ½ cup cherry tomatoes · ¼ cup shredded beets · 2 tbsp hemp seeds

Herbs 2 tbsp fresh basil · 1 tsp fresh turmeric (grated) · 1 tsp black pepper

Fruit ¼ cup blueberries · ¼ cup pomegranate arils · 1 tbsp lemon juice

Dressing Pomegranate juice + olive oil + balsamic + raw honey + turmeric + black pepper

Pomegranate urolithin A triggers mitophagy — targeted cleanup of damaged mitochondria. Blueberry pterostilbene activates sirtuins — the longevity proteins.

Systems: Cellular Health · Artery Health · Brain & Cognitive

■ Skin & Integumentary

MORNING 7am–12pm

The Collagen Builder Salad

Base: 2 cups watercress + 1 cup arugula

Vegetables ½ cup cherry tomatoes · ½ avocado (sliced) · ¼ cup sliced cucumber (with skin) · ¼ cup sliced bell pe...

Herbs 2 tbsp fresh basil · 2 tbsp fresh parsley · 1 tsp fresh rose petals (optional garnish)

Fruit ¼ cup guava (cubed) · ¼ cup kiwi (sliced) · 1 tbsp lemon juice

Dressing Lemon juice + olive oil + raw honey + fresh basil + sea salt

Guava has 4x more vitamin C than orange — vitamin C is the direct co-factor for collagen synthesis. Kiwi actinidin and vitamin E protect skin elasticity.

Systems: Skin & Integumentary · Cellular Health · Eyes & Vision

PEAK ZONE 6am–2pm

The Glow Bowl

Base: 2 cups baby spinach + 1 cup watercress

Vegetables ½ cup shredded raw beets · ½ avocado (cubed) · ¼ cup cherry tomatoes · ¼ cup sliced cucumber (with sk...

Herbs 2 tbsp fresh mint · 1 tsp gotu kola powder (in dressing) · 2 tbsp fresh cilantro

Fruit ¼ cup sliced mango · ¼ cup sliced papaya · 1 tbsp lime juice

Dressing Lime + olive oil + gotu kola powder + fresh ginger + raw honey + sea salt

Gotu kola asiaticosides are the most studied plant compounds for collagen synthesis and reducing scar tissue. Papaya papain exfoliates dead skin cells from the inside.

Systems: Skin & Integumentary · Cellular Health · Lymphatic

PEAK ZONE 6am–2pm

The UV Shield Salad

Base: 2 cups romaine + 1 cup baby spinach

Vegetables ½ cup cherry tomatoes · ½ cup sliced cucumber · ¼ cup shredded carrots · ¼ cup sliced red bell pepper...

Herbs 2 tbsp fresh basil · 1 tbsp fresh thyme

Fruit ¼ cup watermelon (cubed) · ¼ cup sliced strawberries · 1 tsp lemon zest

Dressing Lemon + olive oil + garlic + raw honey + fresh basil

Tomato lycopene is the most potent plant compound for UV skin protection — accumulates in skin tissue with daily use. Watermelon lycopene adds additional protection.

Systems: Skin & Integumentary · Artery Health · Cellular Health

■ Blood Health

MORNING 7am–12pm

The Iron Builder

Base: 2 cups beet greens + 1 cup baby spinach

Vegetables ½ cup shredded raw beets · ½ cup edamame · ¼ cup red onion · ¼ cup cherry tomatoes · 2 tbsp pumpkin...

Herbs 3 tbsp fresh parsley (high iron) · 2 tbsp fresh nettle (blanched, cooled) · 1 tbsp ...

Fruit ¼ cup sliced oranges · ¼ cup dried apricots (unsulfured, soaked) · 1 tbsp lemon juice

Dressing Lemon juice + olive oil + garlic + black pepper + sea salt

Lemon vitamin C increases iron absorption from all plant sources by up to 300% — the most important single addition to any iron-building salad. Beet greens have more iron than the beet itself.

Systems: Blood Health · Liver & Detox · Immune System

MORNING 7am–12pm

The Hemoglobin Bowl

Base: 2 cups spinach + 1 cup kale

Vegetables ½ cup shredded beets · ½ cup sliced bell peppers (red) · ¼ cup edamame · ¼ cup sliced celery · 1 tb...

Herbs 2 tbsp fresh parsley · 2 tbsp fresh cilantro

Fruit ¼ cup pomegranate arils · ¼ cup sliced kiwi · 1 tbsp lemon juice

Dressing Lemon + olive oil + spirulina powder + garlic + raw honey + sea salt

Spirulina phycocyanin in the dressing directly stimulates red blood cell production — measurable hemoglobin increase within 4 weeks. Pomegranate iron paired with its own vitamin C creates self-amplifying iron absorption.

Systems: Blood Health · Heart & Cholesterol · Cellular Health

■ Bones & Joints

MORNING 7am–12pm

The Bone Density Builder

Base: 2 cups massaged kale + 1 cup bok choy (shredded)

Vegetables ½ cup shaved raw broccoli · ½ cup sliced cucumber (with skin) · ¼ cup red onion · ¼ cup edamame · 2...

Herbs 2 tbsp fresh rosemary · 1 tbsp fresh thyme · 1 tsp horsetail powder (in dressing)

Fruit ¼ cup dried figs (2–3, chopped) · ¼ cup sliced oranges · 1 tbsp lemon juice

Dressing Lemon + olive oil + tahini + garlic + horsetail powder + sea salt

Kale calcium is more bioavailable than dairy. Bok choy has the highest bioavailable calcium of any vegetable.

Systems: Bones & Joints · Heart & Cholesterol · Cellular Health

SAFE ANY TIME

The Anti-Arthritis Bowl

Base: 2 cups arugula + 1 cup watercress

Vegetables ½ cup cherry tomatoes · ½ cup sliced cucumber · ¼ cup raw walnuts · ¼ cup avocado · 2 tbsp pumpkin ...

Herbs 2 tbsp fresh thyme · 1 tsp fresh turmeric (grated) · 1 tsp fresh ginger (grated)

Fruit ¼ cup tart cherries · ¼ cup blueberries · 1 tbsp lemon juice

Dressing Fresh turmeric + ginger + lemon + olive oil + black pepper + raw honey

Tart cherries have the highest natural anti-inflammatory activity of any fruit — specifically reduces joint inflammation. Turmeric curcumin prevents cartilage degradation enzymes.

Systems: Bones & Joints · Anti-Inflammatory · Artery Health

■ Adrenal & Stress Response

MORNING 7am–12pm

The Cortisol Reset Salad

Base: 2 cups baby spinach + 1 cup watercress

Vegetables ½ avocado (cubed) · ½ cup sliced bell peppers (red + yellow) · ¼ cup sliced cucumber · ¼ cup edamame ...

Herbs 2 tbsp fresh holy basil (tulsi) · 1 tbsp fresh lemon balm · 1 tsp ashwagandha powde...

Fruit ¼ cup guava (cubed) · ¼ cup kiwi (sliced) · 1 tbsp lemon juice

Dressing Lemon + olive oil + ashwagandha powder + raw honey + fresh holy basil

Guava has the highest vitamin C of any common fruit — the adrenal glands deplete vitamin C completely in every stress response. Ashwagandha in the dressing reduces cortisol by up to 28% with consistent daily use.

Systems: Adrenal & Stress Response · Immune System · Blood Glucose

PEAK ZONE 6am–2pm

The B-Vitamin Adrenal Bowl

Base: 2 cups romaine + 1 cup baby spinach

Vegetables ½ avocado (cubed) · ½ cup asparagus (blanched, cooled) · ¼ cup sweet potato (roasted, cooled) · ¼ cup...

Herbs 2 tbsp fresh parsley · 2 tbsp fresh basil

Fruit ¼ cup banana (sliced) · ¼ cup mango (cubed) · 1 tbsp lime juice

Dressing Lime juice + olive oil + maca powder + raw honey + sea salt

Sweet potato pantothenic acid (B5) is the direct fuel for adrenal hormone synthesis. Banana B6 is essential for producing adrenaline and noradrenaline.

Systems: Adrenal & Stress Response · Brain & Cognitive · Blood Glucose

■ Lymphatic System

MORNING 7am–12pm

The Lymph Drain Salad

Base: 2 cups arugula + 1 cup dandelion greens

Vegetables ½ cup sliced cucumber (with skin) · ½ cup sliced celery · ¼ cup shredded beets · ¼ cup red onion · ...

Herbs 3 tbsp fresh cilantro · 2 tbsp fresh parsley · 1 tsp cleavers (fresh, chopped)

Fruit ¼ cup sliced lemon segments · ¼ cup cranberries (unsweetened) · 1 tbsp lemon juice

Dressing Lemon juice + olive oil + garlic + apple cider vinegar + sea salt

Cilantro chelates heavy metals from lymphatic tissue — the most effective food chelator. Dandelion greens are the most powerful Western lymphatic stimulant.

Systems: Lymphatic · Liver & Detox · Blood Health

SAFE ANY TIME

The Swollen Node Protocol

Base: 2 cups watercress + 1 cup baby spinach

Vegetables ½ cup fresh pineapple (small portion) · ½ cup sliced cucumber · ¼ cup sliced celery · ¼ cup sliced ra...

Herbs 2 tbsp fresh thyme · 2 tbsp fresh parsley · 1 tsp echinacea tincture (in dressing)

Fruit ¼ cup sliced kiwi · ¼ cup cranberries · 1 tbsp lime juice

Dressing Lime + olive oil + echinacea drops + raw honey + fresh ginger

Fresh pineapple bromelain is clinically studied for reducing lymphedema — reduces protein deposits in congested lymph nodes. Echinacea in the dressing activates lymphocyte production in swollen nodes.

Systems: Lymphatic · Immune System · Anti-Inflammatory

■ Eyes & Vision

MORNING 7am–12pm

The Macular Defense Salad

Base: 2 cups kale + 1 cup collard greens

Vegetables ½ cup sliced yellow bell peppers · ½ cup sliced orange bell peppers · ¼ cup shredded carrots · ¼ cup ...

Herbs 2 tbsp fresh marigold petals (tagetes — lutein-rich) · 2 tbsp fresh parsley

Fruit ¼ cup mango (cubed) · ¼ cup sliced kiwi · 1 tbsp lemon juice

Dressing Lemon + olive oil + raw garlic + raw honey + sea salt

Kale has the highest lutein and zeaxanthin of any vegetable — directly deposits into macular pigment. Yellow bell peppers have the highest zeaxanthin concentration of any vegetable for central macula protection.

Systems: Eyes & Vision · Anti-Inflammatory · Cellular Health

MORNING 7am–12pm

The Night Vision Bowl

Base: 2 cups spinach + 1 cup arugula

Vegetables ½ cup shredded carrots · ½ cup cherry tomatoes · ¼ cup sliced cucumber · ¼ cup sliced celery · 2 tb...

Herbs 2 tbsp fresh parsley · 2 tbsp fresh dill

Fruit ¼ cup blueberries · ¼ cup dried goji berries (soaked) · 1 tbsp lemon juice

Dressing Lemon + olive oil + garlic + raw honey + fresh dill

Goji berry zeaxanthin is the highest of any food — directly deposits into macular pigment for night vision. Blueberry anthocyanins regenerate rhodopsin in rod cells.

Systems: Eyes & Vision · Brain & Cognitive · Anti-Inflammatory

■ Thyroid & Hormones

MORNING 7am–12pm

The HPT Axis Salad

Base: 2 cups baby spinach + 1 cup watercress

Vegetables ½ cup cooked broccoli (cooled — must be cooked for thyroid) · ½ avocado · ¼ cup sliced cucumber · ¼ c...

Herbs 2 tbsp fresh parsley (trace iodine) · 1 tsp dried nori flakes (trace iodine) · 1 ts...

Fruit ¼ cup sliced mango · 1 tbsp lemon juice

Dressing Lemon + olive oil + maca powder + garlic + raw honey + sea salt

Broccoli must be cooked for thyroid patients — raw cruciferous interferes with iodine uptake. Pumpkin seeds provide zinc and selenium — both essential for T4-to-T3 conversion.

Systems: Thyroid & Hormones · Adrenal & Stress Response · Cellular Health

MORNING 7am–12pm

The Hormone Balance Bowl

Base: 2 cups baby spinach + 1 cup arugula

Vegetables ½ cup sliced sweet potato (roasted, cooled) · ½ avocado · ¼ cup sliced cucumber · ¼ cup edamame · 2...

Herbs 2 tbsp fresh parsley · 1 tsp vitex berry powder (in dressing)

Fruit ¼ cup papaya (cubed) · 1 tbsp lemon juice

Dressing Lemon + olive oil + vitex berry powder + garlic + raw honey

Ground flaxseed lignans modulate estrogen dominance — the most common thyroid suppressor in women. Sweet potato vitamin A directly regulates thyroid receptor gene expression.

Systems: Thyroid & Hormones · Liver & Detox · Bones & Joints

■ Lungs & Respiratory

MORNING 7am–12pm

The Bronchial Cleanse Salad

Base: 2 cups watercress + 1 cup arugula

Vegetables ½ cup raw broccoli florets · ½ cup sliced radishes · ¼ cup sliced cucumber · ¼ cup celery · 2 tbsp ...

Herbs 3 tbsp fresh thyme (antimicrobial expectorant) · 2 tbsp fresh oregano · 1 tsp fresh...

Fruit ¼ cup sliced apples (with skin) · 1 tbsp lemon juice

Dressing Lemon + olive oil + raw garlic + fresh horseradish + raw honey + sea salt

Horseradish sinigrin stimulates mucus flow and clears bronchial passages — one of the most potent natural expectorants. Thyme thymol kills respiratory pathogens and relaxes airway smooth muscle.

Systems: Lungs & Respiratory · Immune System · Anti-Inflammatory

MORNING 7am–12pm

The Oxygen Capacity Bowl

Base: 2 cups baby spinach + 1 cup kale

Vegetables ½ cup roasted beets (cooled) · ½ cup cherry tomatoes · ¼ cup edamame · ¼ cup avocado · 1 tbsp chia ...

Herbs 2 tbsp fresh rosemary · 1 tbsp fresh thyme

Fruit ¼ cup sliced apple (with skin) · ¼ cup sliced orange (with pith) · 1 tbsp lemon juice

Dressing Lemon + olive oil + garlic + raw honey + fresh rosemary

Beet nitrates increase oxygen utilization efficiency — the same mechanism used by competitive athletes. Apple quercetin acts as a natural bronchodilator.

Systems: Lungs & Respiratory · Artery Health · Blood Health

■ MASTER SALAD INDEX

Salad Name	System	When	Star Ingredient & Action
The LDL Buster Bowl	Heart	Any time before 7pm	Kale bile acid binding removes LDL directly from the gut.
The HDL Raiser	Heart	Morning — 7am to 12pm	Walnuts ALA omega-3 improve arterial elasticity.
The Cholesterol Reset	Heart	Any time before 7pm	Shiitake eritadenine uniquely inhibits cholesterol absorption in the gut.
The Renal Cleanse Bowl	Kidneys	Any time before 7pm	Every ingredient in this salad is low potassium and low phosphorus — safe for all stages of kidney disease.
The Stone Prevention	Kidneys	Any time before 7pm	Arugula is a mild diuretic that supports urinary tract waste elimination.
The Urinary Soother	Kidneys	Any time before 7pm	Bok choy provides calcium without the high oxalate that causes kidney stones.
The Insulin Sensitivity Salad	Glucose	Any time before 7pm	Swiss chard syringic acid mimics insulin independently.
The Low Glycemic Power Bowl	Glucose	Any time before 7pm	Broccoli chromium directly supports insulin receptor function.
The Pre-Meal Glucose Buffer	Glucose	Any time before 7pm	Eat this before every carbohydrate-heavy meal.
The Liver Detox Bowl	Liver	Morning — 7am to 12pm	Kale glucosinolates upregulate Phase I and Phase II liver detox simultaneously.
The Bile Flow Salad	Liver	Morning — 7am to 12pm	Artichoke cynarin is the most potent plant compound for bile production — forces the liver to pull LDL from the bloodstream.
The Blood Purifier	Liver	Morning — 7am to 12pm	Cilantro chelates heavy metals from liver and lymphatic tissue — the most effective food chelator available.
The Endothelium Repair Salad	Artery	Morning — 7am to 12pm	Pomegranate punicalagins actively reverse arterial plaque — one of the only foods ever shown to do this in human studies.
The Nitric Oxide Salad	Artery	Morning — 7am to 12pm	Arugula erucin compounds and beet nitrates create the highest nitric oxide production of any food combination.
The Circulation Boost	Artery	Peak Zone — 6am to 2pm	Orange hesperidin improves arterial blood flow and reduces stiffness.

The Neuro-Clarity Bowl	Brain	Morning — 7am to 12pm	Rosemary 1,8-cineole inhibits acetylcholinesterase — keeps the memory neurotransmitter active longer.
The Memory Salad	Brain	Peak Zone — 6am to 2pm	Pomegranate punicalagins cross the blood-brain barrier and reduce neuroinflammation.
The Focus & Calm	Brain	Any time before 7pm	Holy basil adaptogenic action reduces cortisol damage to the hippocampus — the brain's memory center.
The Golden Anti-Inflammatory	Anti-Inflam	Any time before 7pm	Fresh turmeric curcumin inhibits NF-kB — the master inflammatory pathway.
The COX-2 Crusher	Anti-Inflam	Peak Zone — 6am to 2pm	Watercress PEITC is a COX-2 inhibitor with systemic anti-inflammatory effect.
The Reishi & Root Salad	Anti-Inflam	Any time before 7pm	Reishi triterpenes reduce inflammatory cytokines at the deepest level.
The Microbiome Feast	Gut	Any time before 7pm	Artichoke inulin is the most effective prebiotic for Bifidobacterium.
The Enzyme Activator	Gut	Peak Zone — 6am to 2pm	Papaya papain enzyme breaks down proteins in the gut — reduces bloating and digestive burden.
The IBS Calm	Gut	Any time before 7pm	Fennel antispasmodic compounds relax gut muscle and reduce cramping.
The Viral Defense Salad	Immune	Any time before 7pm	Raw garlic allicin is one of the most potent natural antimicrobials tested.
The Mushroom Immunity Bowl	Immune	Any time before 7pm	Shiitake lentinan is a clinically studied beta-glucan that directly activates macrophages and T-cells.
The Autophagy Salad	Cellular	Morning — 7am to 12pm	Broccoli sprouts contain 100x more sulforaphane than mature broccoli — activates autophagy (cellular self-cleaning) and is most potent eaten raw.
The Longevity Bowl	Cellular	Morning — 7am to 12pm	Pomegranate urolithin A triggers mitophagy — targeted cleanup of damaged mitochondria.
The Collagen Builder Salad	Skin	Morning — 7am to 12pm	Guava has 4x more vitamin C than orange — vitamin C is the direct co-factor for collagen synthesis.
The Glow Bowl	Skin	Peak Zone — 6am to 2pm	Gotu kola asiaticosides are the most studied plant compounds for collagen synthesis and reducing scar tissue.
The UV Shield Salad	Skin	Peak Zone — 6am to 2pm	Tomato lycopene is the most potent plant compound for UV skin protection — accumulates in skin tissue with daily use.
The Iron Builder	Blood	Morning — 7am to 12pm	Lemon vitamin C increases iron absorption from all plant sources by up to 300% — the most important single addition to any iron-building salad.
The Hemoglobin Bowl	Blood	Morning — 7am to 12pm	Spirulina phycocyanin in the dressing directly stimulates red blood cell production — measurable hemoglobin increase within 4 weeks.
The Bone Density Builder	Bones	Morning — 7am to 12pm	Kale calcium is more bioavailable than dairy.
The Anti-Arthritis Bowl	Bones	Any time before 7pm	Tart cherries have the highest natural anti-inflammatory activity of any fruit — specifically reduces joint inflammation.
The Cortisol Reset Salad	Adrenal	Morning — 7am to 12pm	Guava has the highest vitamin C of any common fruit — the adrenal glands deplete vitamin C completely in every stress response.
The B-Vitamin Adrenal Bowl	Adrenal	Peak Zone — 6am to 2pm	Sweet potato pantothenic acid (B5) is the direct fuel for adrenal hormone synthesis.
The Lymph Drain Salad	Lymph	Morning — 7am to 12pm	Cilantro chelates heavy metals from lymphatic tissue — the most effective food chelator.

The Swollen Node Protocol	Lymph	Any time before 7pm	Fresh pineapple bromelain is clinically studied for reducing lymphedema — reduces protein deposits in congested lymph nodes.
The Macular Defense Salad	Eyes	Morning — 7am to 12pm	Kale has the highest lutein and zeaxanthin of any vegetable — directly deposits into macular pigment.
The Night Vision Bowl	Eyes	Morning — 7am to 12pm	Goji berry zeaxanthin is the highest of any food — directly deposits into macular pigment for night vision.
The HPT Axis Salad	Thyroid	Morning — 7am to 12pm	Broccoli must be cooked for thyroid patients — raw cruciferous interferes with iodine uptake.
The Hormone Balance Bowl	Thyroid	Morning — 7am to 12pm	Ground flaxseed lignans modulate estrogen dominance — the most common thyroid suppressor in women.
The Bronchial Cleanse Salad	Lungs	Morning — 7am to 12pm	Horseradish sinigrin stimulates mucus flow and clears bronchial passages — one of the most potent natural expectorants.
The Oxygen Capacity Bowl	Lungs	Morning — 7am to 12pm	Beet nitrates increase oxygen utilization efficiency — the same mechanism used by competitive athletes.

Dr. Vera Holloway, CNS · Certified Nutrition Specialist & Certified Holistic Nutritionist

Educational and nutritional support purposes only. Consult your physician before significant dietary changes.