



# Salad

CHALLENGE

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10 DAYS • 10 SALADS

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# Fuel your Passion

I know the impact food can have on your body, your health and your dreams. Before switching to a plant-based diet, I felt exhausted, stressed-out and frustrated with my body. I made a commitment to put food in my body that would allow me to go after the things that mattered to me. I wanted to be an active mom, passionate wife and adventurous friend, so I committed to making my health a priority without sacrificing my sanity.

Embracing nutrient-dense whole foods with quick, tasty recipes gave me the vitality to do more than just survive each day. I was able to live out dreams that had been long buried.

- Starting a [backyard family farm](#) with raised beds, compost bins, chickens + rabbits
- Running across the [Grand Canyon](#) twice in a single day (49 miles!)
- Hiking to the top of the tallest waterfall in North America with my kids

**Through my journey came my mission to help others "fuel their passion."**

By embracing delicious [plant-powered recipes](#), we can unlock the energy, boost our immune system and find the passion inside ourselves to go after the things that matter most to us.

I've celebrated with hundreds of thousands of people (just like you!) who've completed our challenges. The results don't happen overnight, but they also won't be painfully difficult to achieve either. Think of it as a journey that requires you to listen to your body, push yourself to reach new milestones and strive to be the best version of yourself.

As you commit to this challenge, I hope you fall more in love with plant-based recipes and what they allow you to do. Together, let's fuel your passion!

*xoxo  
Jen Hansard*

THE 10-DAY

# Salad Challenge

For the next ten days, we're celebrating fresh salads using seasonal ingredients. Feel free to continue drinking a daily smoothie while you do the salad challenge (I will!). The more plants, the merrier! Here are a few things to keep in mind:

## SALAD RECIPES MAKE TWO SERVINGS

Each salad serves two. Feel free to enjoy one for dinner and the other for lunch leftovers. Or you can do this challenge with a loved one and have the perfect amount each day.

## THE SHOPPING LIST IS SPLIT INTO TWO

To prevent your produce from going bad, purchase only what you need for the first five days. There's nothing enjoyable about opening a bag of rancid spinach, bleh! Investing in our health has been one of the most empowering things I've ever done and I want to make sure you can use everything you buy.

## SALADS ARE SIDE DISHES OR MEALS

Each salad recipe is meant to push you in new ways, which is why we've included a variety of salads in this challenge. You will enjoy fruit salads, potato salads and garden salads. Some will be filling and make a great meal, while others are better as side dishes. It's up to you to decide how you want to enjoy them.

## HOW TO PREP AHEAD

I suggest making your salad dressings ahead and storing them in small air-tight containers until ready to use. You can also prepare most of the veggies and fruit ahead— just wait to wash until it's time to enjoy. Follow my [Meal Prep Salads](#) tutorial for more ideas and instruction.

A few recipes require you to soak nuts ahead of time: Healthy Taco Salad, Kale Caesar Salad and Strawberry Arugula Salad. I like to set a phone reminder to let me know when to do it, otherwise, I will forget. Worst case, you can "flash soak" your nuts by pouring boiling water on top and allowing to sit for ten minutes. This process depletes the nutrients but can work in a pinch.

# Let's Rawk!

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DAY 1  
Strawberry Mixed  
Greens

DAY 2  
Healthy Taco Salad

DAY 3  
Vegan Potato Salad

DAY 4  
Lemon Arugula Salad

DAY 5  
Sweet & Crunchy Salad

## Shopping List: Days 1-5

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### FRUITS & VEGGIES

- Arugula: 4 cups
- Avocado: 1 1/2
- Basil, fresh
- Carrot: 1/2
- Celery: 1
- Cherry tomatoes: 1/2 cup
- Chives, fresh
- Cilantro, fresh
- Cucumber: 1 1/2
- Dill, fresh
- Dill pickles, refrigerated
- Fennel bulb: 1/2
- Garlic cloves: 1 1/2
- Golden potatoes: 6
- Green apple: 1
- Green onion
- Lemon: 2
- Orange: 1/2
- Sugar snap peas: 1/2 cup
- Radish: 1

### SEASONINGS

- Red bell pepper: 1
- Red onion: 1/4
- Romaine lettuce: 2 cups
- Spinach, fresh: 1 cup
- Spring mix greens: 4 cups
- Strawberries, fresh: 1 cup
- Tarragon, fresh
- Chili powder
- Ground black pepper
- Ground cumin
- Smoked paprika
- Ground turmeric
- Paprika
- Sea salt

### DRY & CANNED GOODS

- Barley: 1/2 cup
- Black olives: 1/2 cup
- Black beans: 3/4 cup
- Chickpeas: 1 cup
- Corn: 1/4 cup
- Pepitas: 1/2 cup
- Sliced almonds: 1/4 cup
- Sunflower seeds: 1/2 cup
- Tortilla chips: 1 cup
- Walnuts, raw: 1 1/4 cups

### OILS & LIQUIDS

- Apple cider vinegar
- Cashew cream (optional)  
*purchase pre-made or use my [Cashew Cream recipe](#)*
- Dijon mustard
- Honey
- Maple syrup
- Olive oil
- Tahini
- Tamari



**DAY 6**  
Bright Berry Salad



**DAY 7**  
Healthy Pasta Salad



**DAY 8**  
Crunchy Carrot Salad



**DAY 9**  
Kale Caesar Salad



**DAY 10**  
Strawberry Arugula  
Salad

## Shopping List: Days 6-10

### FRUITS & VEGGIES

- Arugula: 5 cups
- Basil, fresh
- Blackberries, fresh: ½ cup
- Blueberries, fresh: 1 cup
- Cilantro, fresh
- Fennel bulb: ½
- Garlic clove: 1 ½
- Grapefruit: 1
- Green onion: 1
- Kale, fresh: 4 cups
- Lemon: 3 ½
- Meyer lemon: 1 ½
- Mint, fresh
- Orange: 2 ½
- Parsley, fresh
- Raspberries, fresh: 1 cup
- Red bell pepper: ¼
- Shredded carrots: 2 cups
- Strawberries, fresh: 1 cup

### DRY & CANNED GOODS

- Almonds, raw: ½ cup
- Chickpeas: ½ cup
- Cannellini beans: ¾ cup
- Cashews, raw: ½ cup
- Pasta (farfalle): ½ cup
- Pepitas, raw: 2 tbsp
- Sliced black olives: 2 tbsp
- Sun-dried tomatoes: 2 tbsp
- Sunflower seeds, raw: ¼ cup

### OILS & LIQUIDS

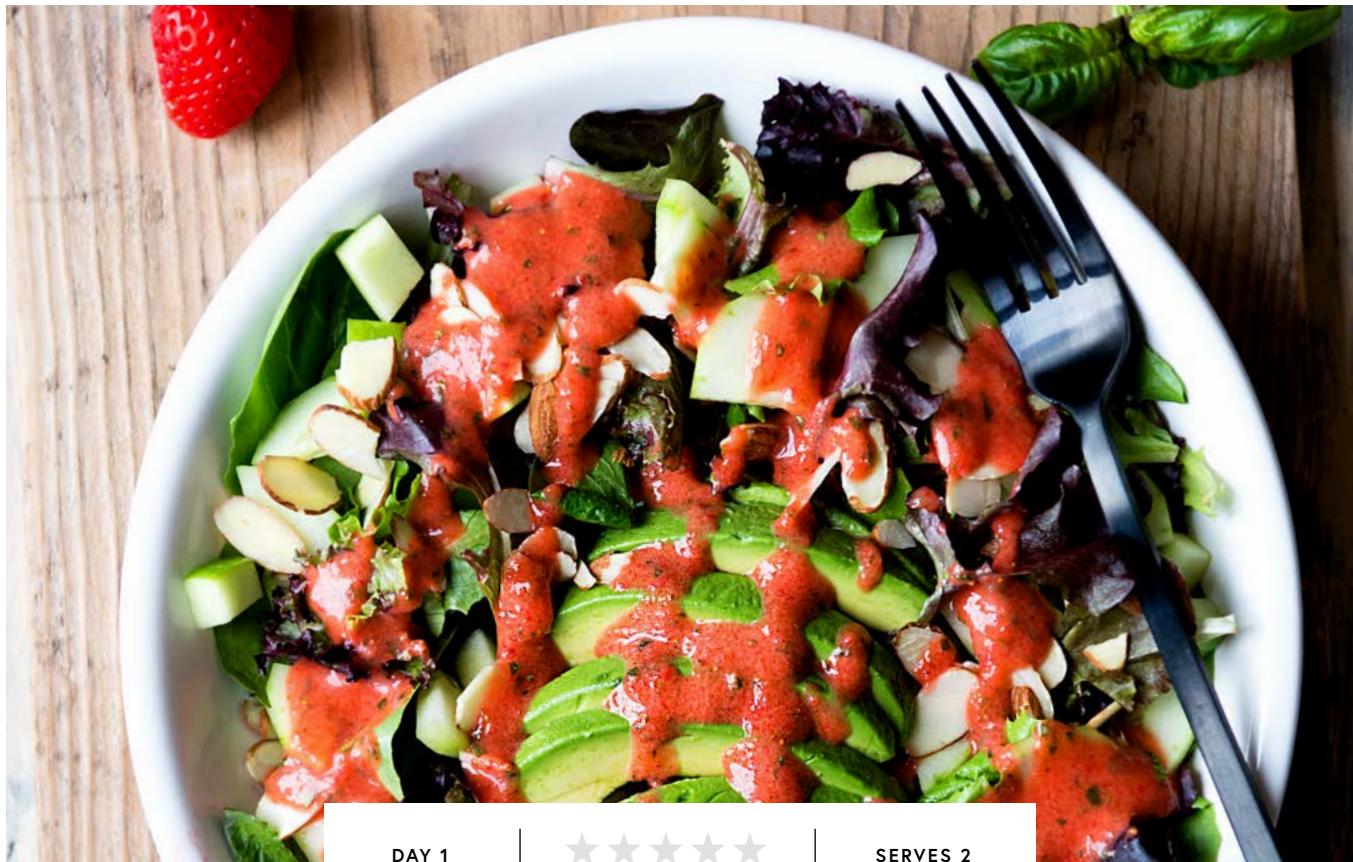
- Dijon mustard
- Honey
- Maple syrup
- Olive oil
- Red wine vinegar
- Vegan feta (optional)

### SEASONINGS

- Garlic powder
- Ground black pepper
- Nutritional yeast
- Poppy seeds
- Sea salt

### SALADS MAKE TWO SERVINGS

Each salad recipe makes two servings. The shopping list is calculated based on this. Feel free to enjoy the salads with a loved one or have for leftovers the next day.



DAY 1



SERVES 2

[LEAVE A REVIEW](#)

## Strawberry Mixed Greens

### INGREDIENTS

4 cups mixed greens  
1 cup cucumber, thinly sliced  
1 green apple, diced  
1 avocado, sliced  
1/4 cup sliced almonds

### DRESSING

1 cup strawberries  
2 tbsp basil  
2 tbsp olive oil  
1 tbsp fresh lemon juice  
2 tsp maple syrup  
1/4 tsp sea salt  
1/4 tsp ground black pepper

### DIRECTIONS

1. Puree the dressing ingredients in a blender or food processor.
2. Arrange salad ingredients on a large plate.
3. Drizzle dressing over salad. Eat immediately.



DAY 2



SERVES 2

[LEAVE A REVIEW](#)

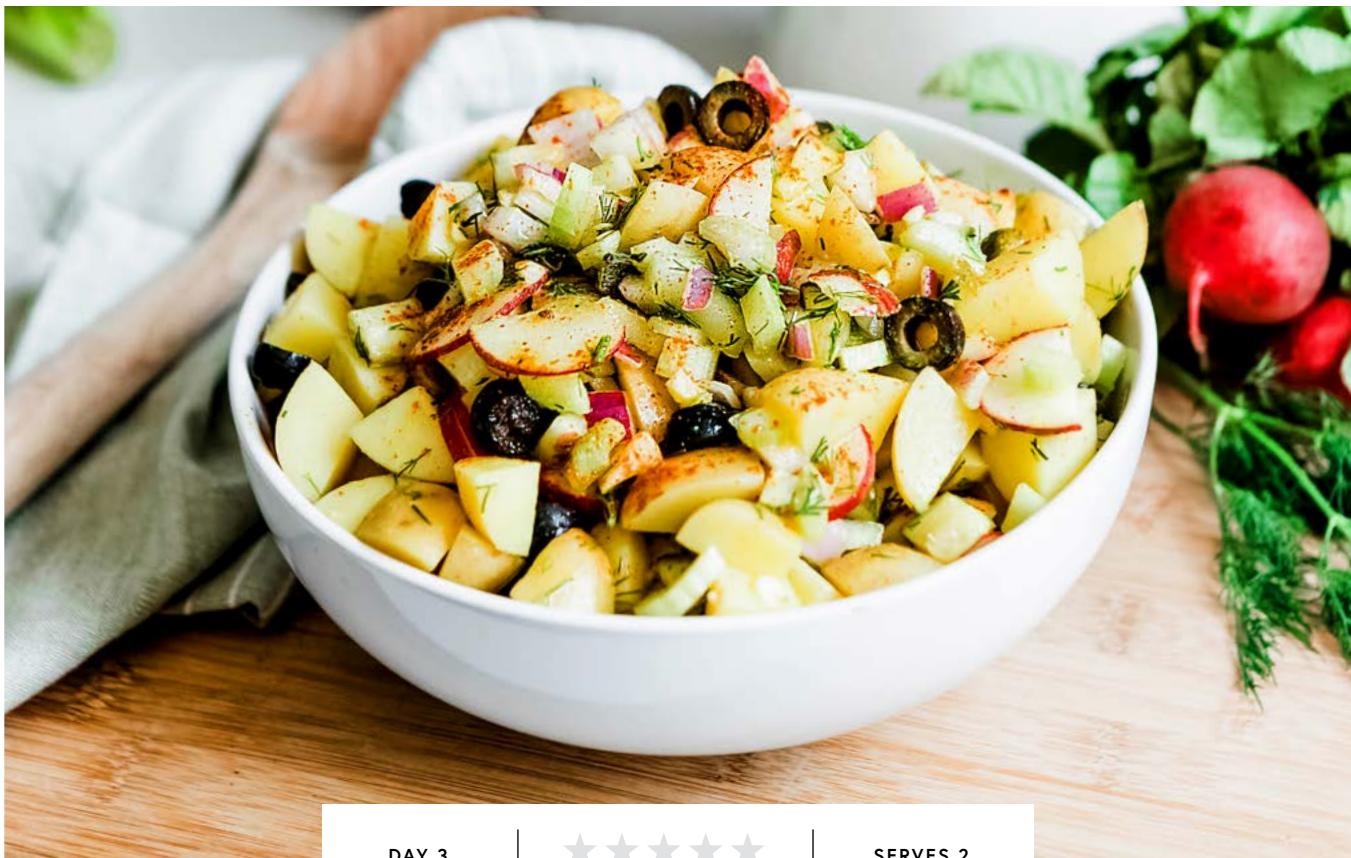
# Healthy Taco Salad

## INGREDIENTS

2 cups romaine lettuce, shredded	$\frac{1}{4}$ cup corn
$\frac{3}{4}$ cup canned black beans, drained and rinsed	$\frac{1}{4}$ cup black olives, sliced
1 cup Walnut Taco Meat (above)	1 green onion, thinly sliced
$\frac{1}{2}$ avocado, diced	2 tbsp cilantro
$\frac{1}{2}$ cup cherry tomatoes, halved	1 cup tortilla chips
$\frac{1}{2}$ red bell pepper, diced	1 tbsp vegan sour cream or cashew cream (optional)

## DIRECTIONS

1. Prepare Walnut Taco Meat (recipe above).
2. Arrange lettuce, beans and walnut taco meat on plates.
3. Top with remaining ingredients and enjoy.



DAY 3



LEAVE A REVIEW

SERVES 2

# Vegan Potato Salad

## INGREDIENTS

2 cups golden potatoes, cut into  $\frac{1}{2}$ " cubes  
2 tbsp red onion, diced  
1 celery, diced  
1 garlic clove, minced  
2 tbsp black olives, sliced  
1 radish, halved and thinly sliced  
2 tbsp dill pickles, diced

## DILL DRESSING

1 tbsp olive oil  
2 tsp pickle juice  
1 tsp Dijon mustard  
1 tbsp dill, stems removed and chopped  
Dash ground turmeric  
Dash of ground black pepper, to taste  
Dash of smoked paprika

## DIRECTIONS

1. Cover potatoes with water in a large pot. Bring to boil, then reduce the heat and simmer uncovered, for about 10 minutes or until fork-tender. Drain potatoes + set aside to cool.
2. In a large bowl, mix all dressing ingredients together.
3. Add the potatoes and remaining ingredients into the bowl with the dressing and stir well.



#### TARRAGON-LEMON DRESSING

2 tbsp lemon, juiced  
1 tsp honey  
1/4 cup olive oil  
2 tbsp tarragon, fresh  
1/2 tsp Dijon mustard  
Dash of sea salt  
Dash of ground black pepper  
1 tbsp chives, chopped

Place all ingredients in a small jar and shake well. Refrigerate until ready.

DAY 4



SERVES 2

[LEAVE A REVIEW](#)

# Lemon Arugula Salad

## INGREDIENTS

1/2 cup barley	1/2 cup sugar snap peas
1/2 fennel bulb, sliced thin	1/4 cup walnuts, chopped
4 cups arugula	2 tbsp green onion, thinly sliced

## DIRECTIONS

1. Cook barley according to package. Allow to cool.
2. Prepare fennel by cutting off the green stalks. Halve the white bulb and carefully remove the core. Place the cut side down on a cutting board and using a very sharp knife, thinly cut or shave the fennel.
3. Place the fennel in the bowl with the arugula, barley, pea pods, walnuts and green onions.
4. Drizzle Tarragon-Lemon Dressing (below) over the salad, gently toss and serve immediately.



DAY 5



SERVES 2

[LEAVE A REVIEW](#)

# Sweet & Crunchy Salad

## INGREDIENTS

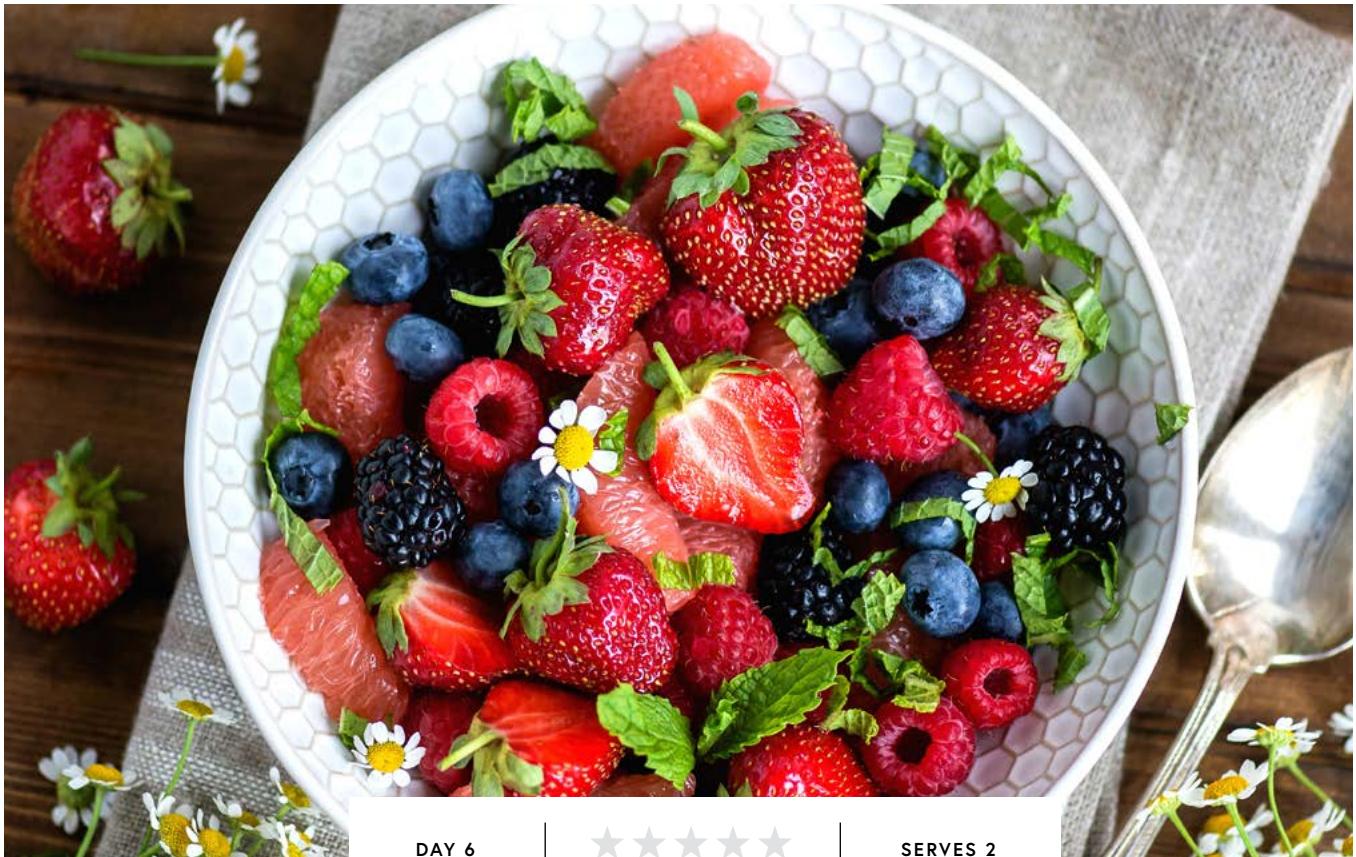
1 cup spinach  
1 cup canned chickpeas, drained and rinsed  
½ carrot, diced  
½ cup cucumber, diced  
¼ cup red bell pepper, diced  
½ cup sunflower seeds  
½ cup pepitas

## CITRUS TAHINI DRESSING

2 tbsp tahini  
2 tbsp orange, juiced  
2 tbsp olive oil  
2 tsp apple cider vinegar  
1 tsp tamari  
½ garlic clove, minced

## DIRECTIONS

1. Whisk together Citrus Tahini Dressing ingredients. Add extra oil or water if dressing is too thick.
2. Place spinach, chickpeas and veggies on a plate. Pour dressing on top and sprinkle with seeds.



DAY 6



SERVES 2

[LEAVE A REVIEW](#)

# Bright Berry Salad

## INGREDIENTS

½ cup strawberries

½ cup blueberries

½ cup blackberries

½ cup raspberries

1 grapefruit, peeled and cut into wedges

3 tbsp orange, juiced

1 tbsp maple syrup

¼ cup mint, fresh

## DIRECTIONS

1. In a serving bowl, combine the berries and grapefruit.
2. Drizzle the orange juice and maple syrup over the salad.
3. Sprinkle fresh mint on top.



DAY 7



SERVES 2

[LEAVE A REVIEW](#)

# Healthy Pasta Salad

## INGREDIENTS

$\frac{1}{2}$  cup pasta, uncooked  
 $\frac{3}{4}$  cup arugula  
 $\frac{1}{2}$  can cannellini beans, drained and rinsed  
 $\frac{1}{4}$  red bell pepper, diced  
1 green onion, diced  
2 tbsp sliced black olives  
2 tbsp sun-dried tomatoes  
2 tsp fresh basil, chopped  
2 tsp fresh mint, chopped  
2 tsp fresh parsley, chopped  
 $\frac{1}{4}$  cup vegan feta (optional)

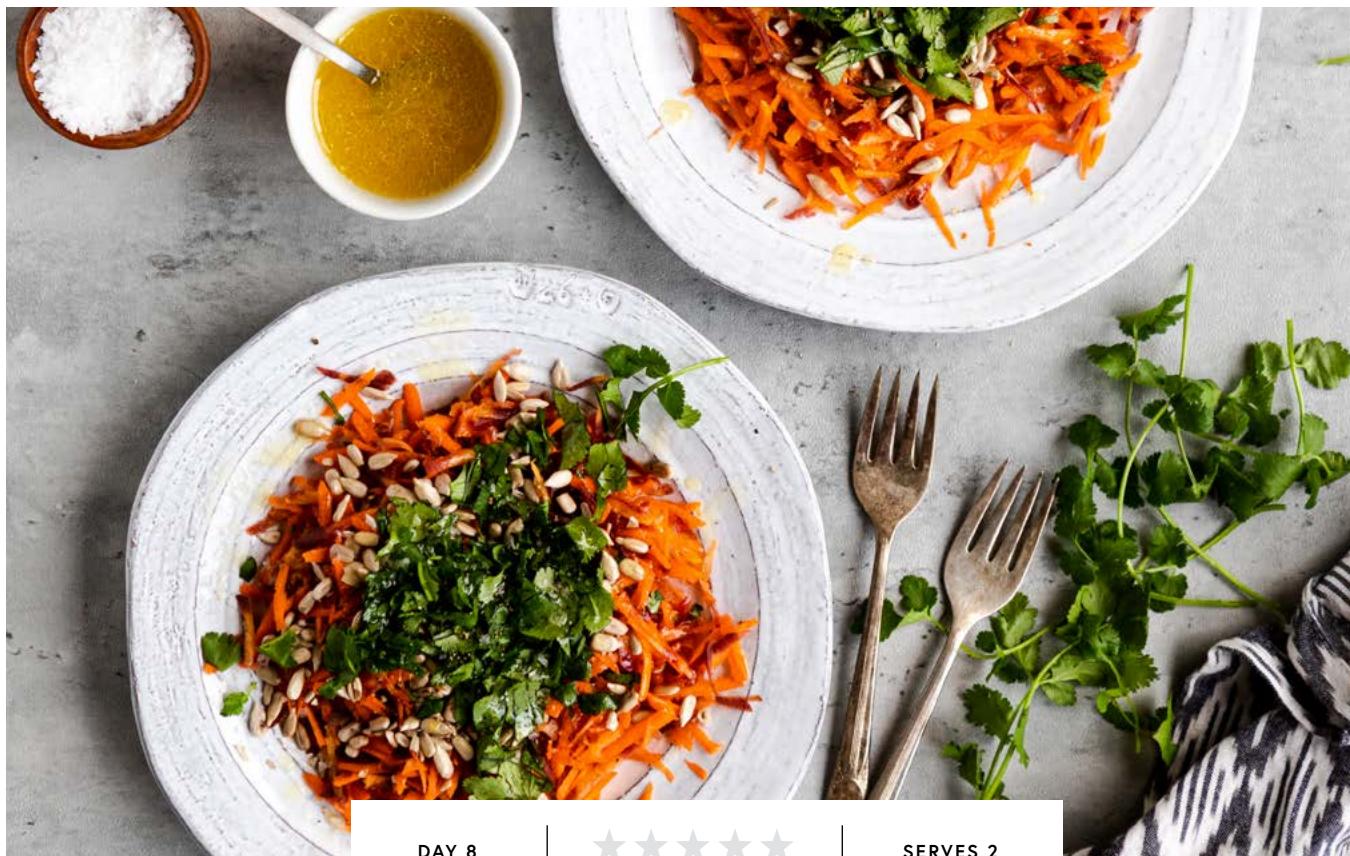
## BASIC VINAIGRETTE

2 tbsp olive oil  
1 tbsp red wine vinegar  
1 tsp maple syrup  
 $\frac{1}{2}$  tsp Dijon mustard  
 $\frac{1}{2}$  garlic clove, minced  
Dash of sea salt  
Dash of ground black pepper

Mix all the ingredients together in a bowl until combined.

## DIRECTIONS

1. Cook pasta "al dente," according to package. Drain and rinse with cold water.
2. Place pasta in a large bowl. Toss with other ingredients and drizzle with vinaigrette.



DAY 8



LEAVE A REVIEW

SERVES 2

# Crunchy Carrot Salad

## INGREDIENTS

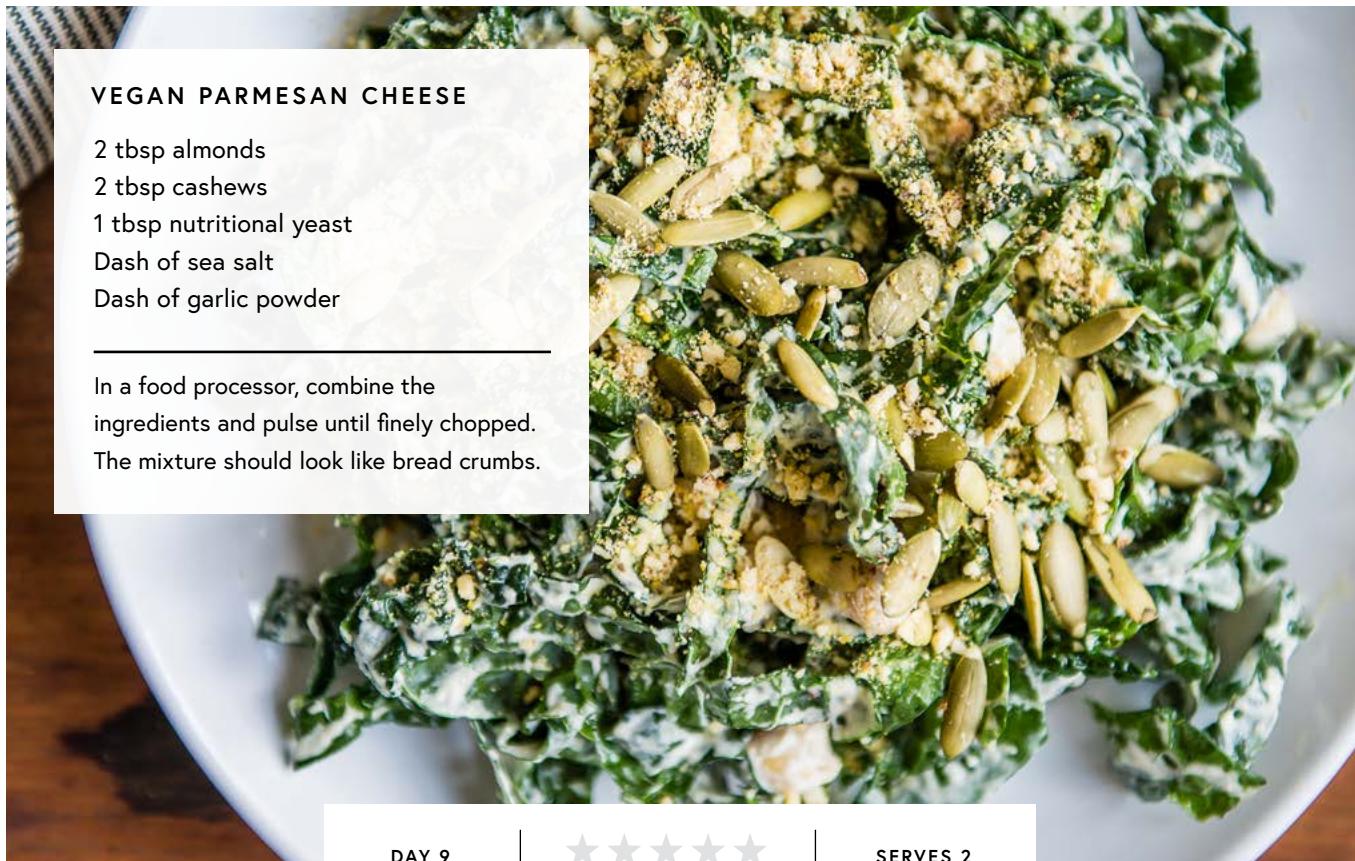
2 carrots, peeled into strips  
1/4 cup cilantro, chopped  
1/4 cup sunflower seeds  
Ground black pepper  
Dash of sea salt

## DRESSING

2 tbsp orange, juiced  
2 tbsp lemon, juiced  
2 tbsp olive oil

## DIRECTIONS

1. Whisk together orange juice, lemon juice and olive oil. Set aside.
2. Combine the carrot strips, cilantro and sunflower seeds on a plate.
3. Drizzle dressing over the salad. Season with salt and pepper to taste.



#### VEGAN PARMESAN CHEESE

2 tbsp almonds  
2 tbsp cashews  
1 tbsp nutritional yeast  
Dash of sea salt  
Dash of garlic powder

In a food processor, combine the ingredients and pulse until finely chopped. The mixture should look like bread crumbs.

DAY 9



LEAVE A REVIEW

SERVES 2

# Kale Caesar Salad

#### CASHEW GARLIC AIOLI

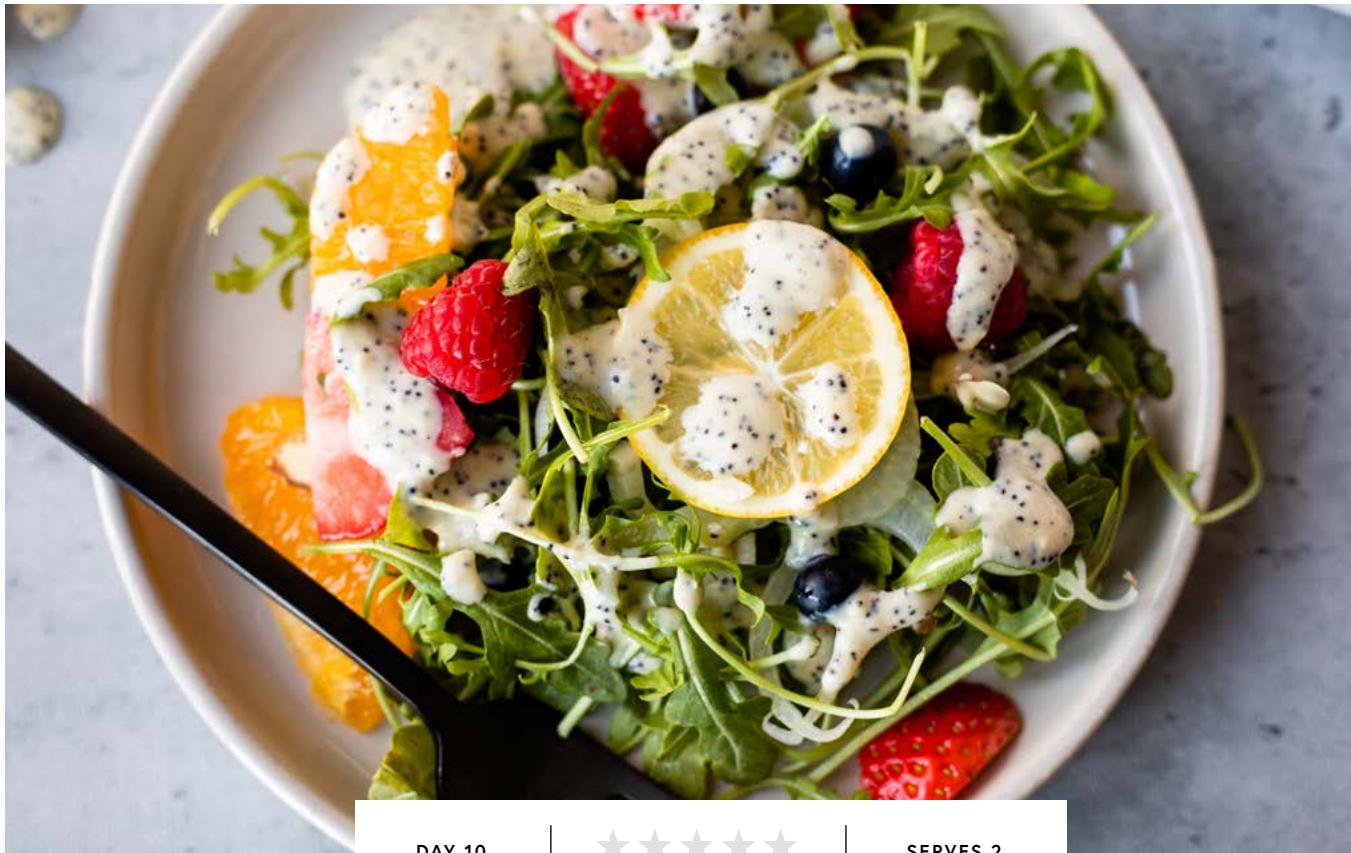
1/4 cup cashews  
1 garlic clove, peeled  
1/2 tsp Dijon mustard  
Squeeze of lemon

#### INGREDIENTS

4 cups kale, stems removed + thinly sliced  
1 tbsp olive oil  
1 tbsp lemon, juiced  
1/2 cup canned chickpeas, drained + rinsed  
2 tbsp pepitas  
Dash of sea salt  
Ground black pepper

#### DIRECTIONS

1. In a food processor, puree the Cashew Garlic Aioli ingredients until creamy. If needed, add a few tablespoons of water. The mixture should be thick and creamy.
2. Place the kale in a large serving bowl and drizzle it with the oil. With clean hands, gently massage the kale until tenderized (5 minutes, at most). Squeeze the lemon juice over the top.
3. Mix in the chickpeas and Cashew Garlic Aioli until well combined.
4. Serve with pepitas and Cheeze Sprinkle (above).



DAY 10



LEAVE A REVIEW

SERVES 2

# Strawberry Arugula Salad

## INGREDIENTS

4 cups arugula  
½ fennel bulb, thinly sliced  
1 orange, peeled and segmented  
½ cup strawberries, sliced  
½ cup blueberries  
½ cup raspberries  
½ Meyer lemon, seeded and sliced  
¼ cup sliced almonds

## MEYER LEMON DRESSING

2 tbsp cashews, soaked for 1-4 hours  
2 tbsp Meyer lemon, juiced  
1 tsp honey  
Dash of sea salt  
Dash of ground black pepper  
2 tbsp olive oil  
1 tsp poppy seeds

## DIRECTIONS

1. Combine the cashews, water, salt, lemon juice, honey, salt and pepper in a blender or food processor and puree until smooth. Add water if needed. Mix in the poppy seeds and set aside.
2. In a bowl, combine the arugula, fennel, oranges, berries, lemon and almonds.
3. When ready to eat, drizzle dressing on top and serve.



WHAT'S NEXT?!

# Plant-Based Cleanse

Join our proven, plant-based cleanse to experience more energy, less cravings & effortless weight loss. Ready to commit to healthy eating habits that'll empower you to become the best version of yourself? Enrollment opens each season with new recipes to keep it fresh + exciting.

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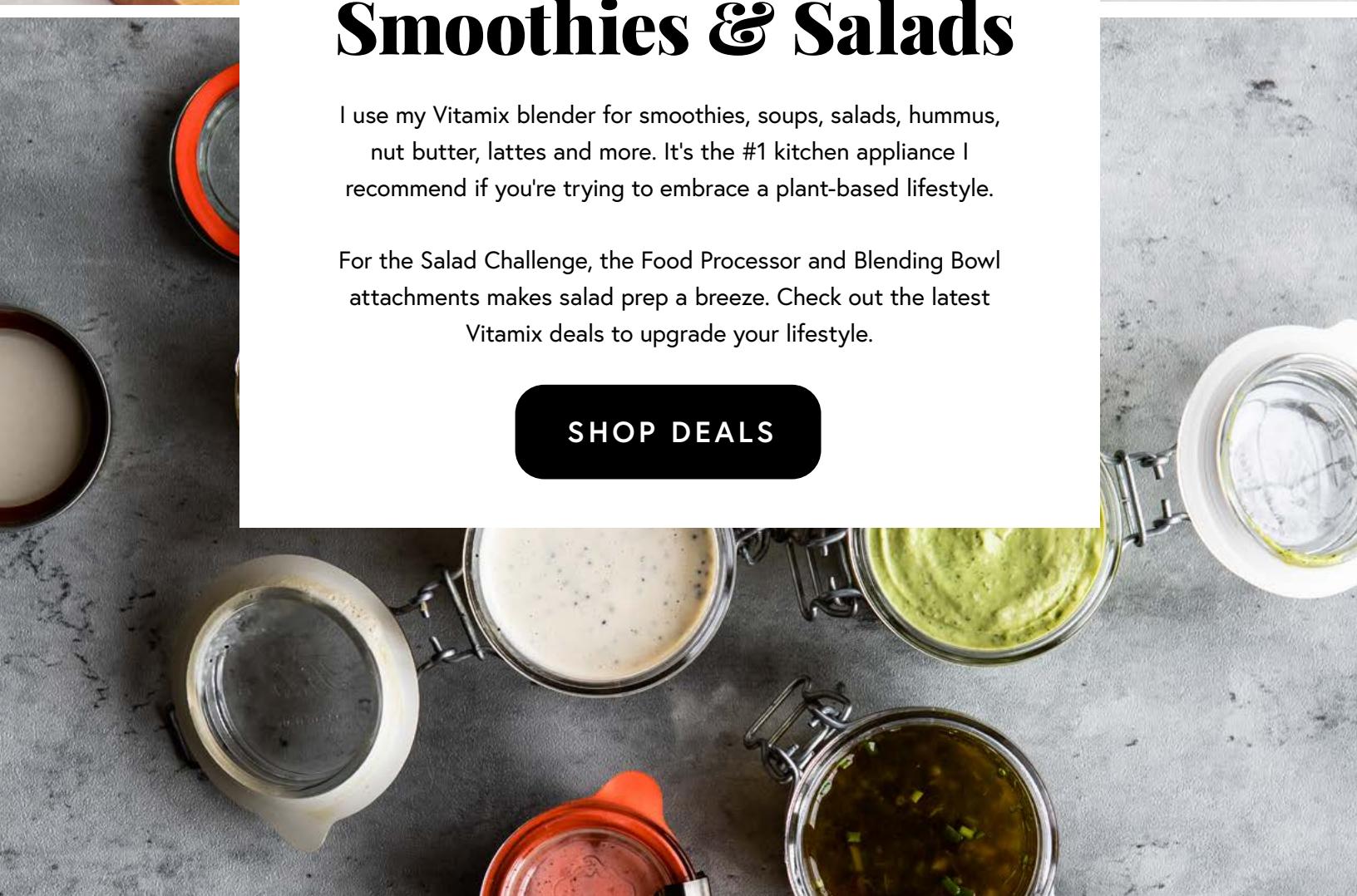


# The Blender for Smoothies & Salads

I use my Vitamix blender for smoothies, soups, salads, hummus, nut butter, lattes and more. It's the #1 kitchen appliance I recommend if you're trying to embrace a plant-based lifestyle.

For the Salad Challenge, the Food Processor and Blending Bowl attachments makes salad prep a breeze. Check out the latest Vitamix deals to upgrade your lifestyle.

[SHOP DEALS](#)





HEALTHY MADE SIMPLE

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Rawk the Year is a customizable meal planner to support your wellness journey. Along with the **600+** tasty plant-based recipes, automated shopping list tool, and fully **customizable meal plans**, you'll have live cooking classes, community challenges and community support.

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