



## **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!

Nutrition Facts

Serving size: 1 salad with 2 tbsp vinaigrette

Recipe yields 1 salad (8 servings vinaigrette)

Calories: 366

Fat: 23.5 g

Carbs: 29 g

Protein: 11 g