

# Making the Best Salads Ever!

Marisa Moon Primal Health Coach

## Dressing Boosters

Garlic, Shallots, Herbs, Tamari, Egg Yolk,  
Yogurt, Tahini, Dijon, Mayo, 'Kraut Brine

## Dressing Tips

Acid-to-Oil Ratio 1:3

Dressing tastes slightly salty

## 9 Cups Plant Variety

Leafy, Colorful, Sulfur, Raw, Roasted,  
Steamed, Fermented, Cured, Pickled

[MarisaMoon.com](http://MarisaMoon.com)

[MyLongevityKitchen.com](http://MyLongevityKitchen.com)

The Foundation of Wellness Podcast

