



WEEK 2 – Light & Fresh (8 Eggs)

Ranch-Style Chef's Salad

Serves 4 | Uses 3 hard-boiled eggs | 20 minutes

Ingredients

Base

- 6–8 cups chopped romaine (about 2 heads)
- 3 hard-boiled eggs, peeled and sliced

Protein

- 1½ cups diced ham, turkey, or leftover roast
- 1 cup shredded or cubed cheese (cheddar, Swiss, or pepper jack), or crumbled cheese (blue cheese or feta)

Fresh Add-Ins

- 1 cup cherry tomatoes
- ½ cucumber, sliced
- ¼ red onion, thinly sliced (optional)

Optional Extras

- Crumbled bacon
- Sliced avocado
- Sunflower seeds

Suggested Dressings

- Ranch
- Blue cheese
- Or simple vinaigrette

Method

1. Chop lettuce into bite-size pieces and divide among 4 large bowls.
2. Arrange meat and cheese over greens.
3. Slice eggs into wedges and place on top.
4. Sprinkle with your favorite add-ins and extras.
5. Top with dressing and enjoy!

