

JOYOUS HEALTH

The 7-Day
**SENSATIONAL
SALAD GUIDE**



The 7-Day SENSATIONAL SALAD GUIDE

Walker and I eat salads every day and more often than not, twice daily. My fingers and toes are crossed baby Vienna loves them too. We crave salads and I'm pretty sure this is because they are so gosh darn tasty.



You've probably already noticed that I post many of my delicious salad creations on [Instagram](#) and [Snapchat](#). So I thought it was high time I created a free e-book of my favourite salad recipes for you.

There are many benefits to eating salads daily, including increased energy, better digestion, clearer skin, balanced blood sugar and reduced sugar cravings. In a nutshell, eating more salad is a fantastic way to feel joyous and look gorgeous!

I'm pretty sure this beautiful salad guide will get you out of your salad rut and get you inspired to eat more veggies. If that happens, then my mission is accomplished!

Say goodbye to bottled dressings and iceberg lettuce salads forever with these wonderfully nourishing and incredibly flavourful recipes!

xo Joy



discover your path to healthy, inspired living

MEET JOY McCARTHY

Joy McCarthy is a certified Holistic Nutritionist and founder of the hugely popular healthy living blog JoyousHealth.com. She is the author of the Canadian bestselling book [Joyous Health: Eat and Live Well Without Dieting](#). Her second book, [Joyous Detox](#), comes out in December 2016.



Joy is fiercely committed to toxin-free beauty products, which is why she launched her first line of [personal care essentials](#) in 2014. From toothpaste to deodorant, you never have to worry about using hormone-disrupting ingredients again!

She is a faculty member at the Institute of Holistic Nutrition, an international speaker and a nutrition expert for Global TV's *The Morning Show*.

Joy's expertise has been featured in hundreds of magazines, newspapers and online publications as a trusted source of healthy living information.

Joy is the founder of [Eat Well Feel Well](#), Toronto's first integrated holistic nutrition and yoga program.

Joy lives in Toronto, Canada with her husband and business partner, Walker. Joy and Walker are the proud new parents of their daughter, Vienna Jordan!

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CHOOSE ORGANIC INGREDIENTS

You will notice throughout the recipes that I do not indicate when you should use organic. This is because I personally recommend using organic produce as often as possible and when available. Eating organic has many benefits not just for our health but also for the health of our planet and generations to come.



My health changed profoundly about 10 years ago when I made the switch to organic. I have always been a salad and veggie lover but I didn't realize the sweet peppers I was chomping on every week were highly sprayed in a cocktail of synthetic and toxic pesticides. Pesticides mimic estrogen in the body and upset our natural hormonal rhythm. Making this switch was a factor in balancing my hormones.

Many people tell me that organic is simply too expensive. But did you know that 40% of food is wasted each week while rotting in fridges across North America. Our modern expectations that food should be dirt cheap make high quality food seem that much more expensive, but this recent development is out of touch with our economic food history. Just 50 years ago, families would spend double the amount on groceries than they do today. Why? Because healthy food and cooking from home was more of a priority when budgeting how they would spend their income.

I have some great tips for [shopping organic on a budget!](#)

My HEALTH changed for
the better about 10 years ago,
when I made the switch to organic.



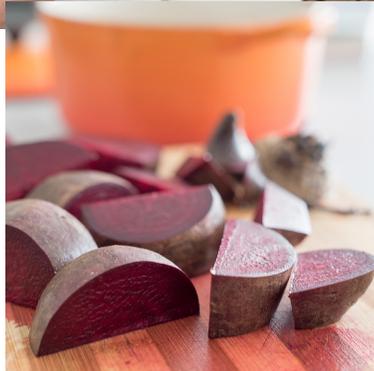
Joyous tips for shopping ORGANIC on a budget

Check out my blog for some great tips on [shopping organic on a budget](#).

If you have to pick a choose where you spend on organic, be sure you use the **Dirty Dozen/Clean Fifteen Joyous Resource** list to help guide your choices. [Download your copy](#) and take it with you next time you go grocery shopping!

CHOOSE QUALITY INGREDIENTS

You've probably heard me talk about how important it is to choose quality ingredients on my YouTube channel. Your food will taste so much better when you use quality, whole foods.



HERE ARE SOME EXAMPLES OF WHAT IT MEANS TO CHOOSE QUALITY FOODS.

INSTEAD OF

- pre-chopped garlic, buy fresh garlic that you have to chop
- processed pasteurized pickles made with vinegar and other additives, choose properly pickled (without vinegar) organic pickles
- bottled salad dressing, make your own! You'll have plenty of ideas in this salad guide
- pre-chopped lettuce in a plastic bag, use the whole head of lettuce and chop it yourself
- shopping at big box grocery stores all the time, try a farmers market (note: there's nothing wrong with grocery stores, but shopping at a market gives you direct access to buy your food from the person who grew it)

Vitamin G equals "greenspace".
Learn more about the health
benefits of vitamin G [here!](#)

Dressing your salad JOYOUSLY!

Making your own salad dressing doesn't have to be complicated! Not only are the dressings on the following pages easy to make, but they are incredibly fresh, delicious and healthy.

*If you're looking to try a decadent but healthy dressing **try this creamy avocado dressing!***



Sensational
**BUCKWHEAT
NOODLE SALAD**



BUCKWHEAT NOODLE SALAD



I absolutely love the texture of buckwheat noodles. Despite their name, buckwheat noodles contain no wheat, in fact they are totally gluten-free. These ancient noodles lend a wonderfully earthy rich taste to this salad.

WHAT YOU NEED

SALAD

- 4 carrots, julienned
- 1 yellow zucchini, thinly sliced
- 2 green onions, chopped
- 2 cups loosely packed Lacinato kale, torn away from stems, finely chopped
- 1 package buckwheat noodles (approx. 200g), cook to package instructions and rinse in cold water to chill the noodles

DRESSING

- 4 tbsp gluten-free tamari
- 4 tbsp balsamic vinegar
- 1 tsp fresh ginger root, grated
- 1-2 garlic cloves, minced
- 1 tsp freshly ground ginger root
- 1/2 cup extra virgin olive oil

MAKE IT WITH JOY!

Whisk together dressing ingredients in a small bowl and set aside.

In a large bowl combine salad ingredients. Once buckwheat noodles are cooked and chilled, combine with salad. Toss with dressing and enjoy!



Sensational Salads start with KALE!

If you want to take one step toward getting healthier, then eat kale. It's **one of the most nutrient-dense, beautifying, detoxifying foods on Mama Earth**. Kale is a powerful cancer fighter! It's proven to lower the risk of bladder, breast, colon, ovary, and prostate cancer. This is due to the high levels of carotenoids and flavonoids in kale, two antioxidants.

Lacinato kale is also known as Tuscan kale or "dinosaur" kale. I like to call it dinosaur kale because its leaves are a bumpy texture like what you'd think a dinosaur's skin might look like. It is my favourite type of kale to use because it has a much more palatable texture than curly kale. Speaking of kale, **you've gotta try Walker's Kale Salad** in my [Feel Joyous Look Great](#) ebook for mamas!



Sensational
**STRAWBERRY
BEET SALAD**

STRAWBERRY BEET SALAD

SERVING



SERVES 2-4

Many people shy away from using beets because of their earthy taste. I personally love the taste, but since I want you to love them too, I combined beets with strawberries. They are match made in joyous heaven!

WHAT YOU NEED

SALAD

- 2 cups strawberries, chopped
- 2 beets, chopped
- 3 cups baby kale or arugula
- Optional: Handful freshly chopped basil

DRESSING

- Juice from 1/2 a lemon
- 1/4 cup extra-virgin olive oil
- 1/4 cup goat or sheep feta cheese
- Handful sunflower or pumpkin seeds

MAKE IT WITH JOY!

Preheat oven to 350°F. Wash beets and chop into bite-size pieces. Place in a baking dish with a lid and bake for 45 minutes or until fork tender. Set aside and let cool.

Once cooled, combine beets in a large bowl with strawberries and baby kale. Toss with lemon juice and olive oil. Sprinkle with feta and top with sunflower or pumpkin seeds.



Ruby red DELICIOUSNESS!

Beets are a detox superfood because they support the elimination of toxic waste products through the liver. Walker and I eat beets every week in salads, pureed as a dip, in smoothies and in baked goods. There are so many ways to enjoy beets. Have you tried my Strawberry Beet Protein Muffins yet?

Sensational
**MANGO & AVOCADO
BLACK RICE SALAD**



MANGO & AVOCADO BLACK RICE SALAD



Black rice has a wonderful “meaty” texture and adds a hefty dose of antioxidants to this super tasty salad. The chunks of mango add the perfect amount of juiciness and the avocado makes it satisfying, thanks to the good fat.

Tip: I always cook more black rice than I need because it takes a while to cook it. Then I’ve got extra for other recipes.

WHAT YOU NEED

SALAD

- 1 cup uncooked black rice
- 2 cups filtered water
- 1 mango, cubed
- 1 avocado, cubed
- 1/2 red onion, finely chopped
- Handful fresh cilantro, chopped

DRESSING

- Juice from 1-2 limes
- 4 tbsp extra-virgin olive oil
- Sea salt and black pepper to taste

MAKE IT WITH JOY!

Bring 2 cups of water and black rice to a boil. Reduce to a simmer with the lid slightly ajar to let the steam escape for approximately 40-50 minutes. Once the rice is cooked, set aside and let cool.

Once rice is cooled, combine half of the rice with mango, avocado, red onion and cilantro. Save the remaining rice for another use. Store it in an airtight container for up to a week in the fridge.

To make dressing, in small bowl combine lime juice and olive oil. Pour over salad. Season with sea salt and pepper.



Sensational
**LEMON BASIL PESTO
PASTA SALAD**



LEMON BASIL PESTO PASTA SALAD



We make a pesto at least once per week. If you have more pesto than you need for this recipe, you can use it as a dip, use it as a dip, spread it on a cracker or mix it with your favourite salad dressing. This salad is wonderful for any meal – lunch, dinner or at a picnic!

WHAT YOU NEED

SALAD

- 2 cups uncooked pasta (choose gluten-free such as quinoa or brown rice pasta or organic spelt or kamut pasta)
- 2 sweet peppers, chopped
- 1 tbsp extra virgin olive oil

PESTO

- 2 cups fresh spinach loosely packed
- Juice from 1 lemon
- 1/2 cup hemp hearts
- 1/2 to 1 whole garlic clove
- 1/4 cup extra virgin olive oil
- 1 cup fresh basil
- Pinch of sea salt

MAKE IT WITH JOY!

Preheat oven to 350°F. Spread sweet peppers on to a greased or parchment paper-covered baking sheet and drizzle with extra-virgin olive oil. Bake for 15-20 minutes and then set aside.

In a food processor, combine all pesto ingredients and blend until desired consistency.

Boil a large pot of lightly salted water. Add pasta and bring to a boil. Cook al dente. Once cooked, rinse in cold water.

In a large salad bowl, combine sweet peppers, pesto and pasta. Refrigerate until chilled approximately 2 hours.





No pesto's truly complete
without **BASIL!**

This herb is more than just tasty, it's also **chock-full of health-boosting nutrients.**

BASIL'S GOT

- blood-building folate and iron
- antioxidant, skin health-boosting vitamins A and C
- magnesium (nature's mineral chill pill!)
- anti-inflammatory omega-3 fatty acids



Sensational
**CABBAGE SLAW WITH
ORANGE DRESSING**

CABBAGE SLAW WITH ORANGE DRESSING



I absolutely love the crunch of this salad. It makes you feel like you are really eating something fulfilling, and you are because it is FULL of fiber. If ever there was a recipe that is beautifying, it is this one because of all the detoxifying ingredients, such as cabbage, carrots, onions, beets and arugula.

WHAT YOU NEED

SALAD

- Half head purple cabbage, shredded or cut thinly
- 2 carrots, peeled or spiralized
- 1/2 red onion, finely chopped
- 1 large beet, finely sliced or grated
- 2 cups arugula
- 1/4 cup sunflower seeds
- 2 tbsp sesame seeds

DRESSING

- Juice from 2 oranges
- Small handful fresh mint or parsley, finely chopped
- 1/4 cup extra virgin olive oil or hemp oil
- Pinch sea salt and pepper

MAKE IT WITH JOY!

Combine dressing ingredients in a small bowl and set aside.

In a large salad bowl combine all salad ingredients. Pour salad dressing over top and toss.



Sensational
**POTATO SALAD
WITH CREAMY
AVOCADO DRESSING**



POTATO SALAD WITH CREAMY AVOCADO DRESSING



No summer picnic should be without a potato salad! This potato salad provides all the essentials of a tasty yet very nourishing salad.

WHAT YOU NEED

SALAD

- 6 red potatoes, washed (do not peel), chopped
- 4 hard-boiled eggs
- 2 celery stalks, chopped
- Optional: 2 pickles, chopped

DRESSING

- 1 avocado
- 1/2 cup plain kefir or coconut milk yogurt
- Juice of one lemon
- Handful fresh herbs: parsley, dill or basil
- 1 garlic clove
- 1/2 cup cup extra-virgin olive oil

MAKE IT WITH JOY!

Bring a large pot of cold water with the chopped potatoes to a boil and cook until fork tender, about 15 minutes. Be careful you don't overcook as the potatoes will fall apart. Remove from heat, drain water and let completely cool.

Meanwhile, in a food processor combine all the dressing ingredients. If you want a thicker dressing, use a little less olive oil. Set dressing aside.

Cut hard-boiled eggs into quarters. In a large salad bowl, combine potatoes with egg, celery and pickles if using. Toss with salad dressing and refrigerate until chilled, about 2 to 4 hours.

If you love this potato salad, be sure to try the Creamy Herb Potato Salad on page 197 of my book [*Joyous Health: Eat and Live Well without Dieting.*](#)





Give your salad a serious
NUTRITION PUNCH!

*Fresh herbs provide a serious nutritional punch because they are incredibly rich in phytonutrients. Parsley is often ignored and downgraded to a garnish on many dinner plates and not even eaten. However, it is **an incredibly healing superfood** that has naturally occurring volatile oils that qualify it as a “chemoprotective” food. This means it can help neutralize certain carcinogens, such as those from char-grilled meat and second-hand cigarette smoke.*



Sensational
**ZUCCHINI CARROT
SWIRLY SALAD**

ZUCCHINI CARROT SWIRLY SALAD



This salad is super easy and fun to make. If you have a spiralizer you can turn your zucchini and carrots into spaghetti sized noodles. If not, just use a veggie peeler like I did and it will be more fettucini-like, but just as tasty!

WHAT YOU NEED

SALAD

- 1 zucchini, peeled
- 1 carrot, peeled
- 1 tsp hot red chili flakes

DRESSING

- Juice from 1 to 2 limes
- 4 tbsp extra virgin olive oil
- Sea salt and pepper to taste

MAKE IT WITH JOY!

Whisk dressing ingredients in a small bowl and set aside.

In a large salad bowl combine all salad ingredients. Pour salad dressing over top and toss. Sprinkle with chili flakes.



Carrots are a
JOYOUS superfood!


Carrots are often overlooked in favour of more exotic superfoods but they are a superfood in their own right! Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them: beta-carotene. However, they are much more than just beta-carotene! **They are rich in many vitamins and minerals, as well as fiber and they are a detox superfood.**



Get SNAP-HAPPY!!!

We're always snapping joyous photos and you can join in on the fun!
Tag **#joyoushealth @joyoushealth** for us to see!

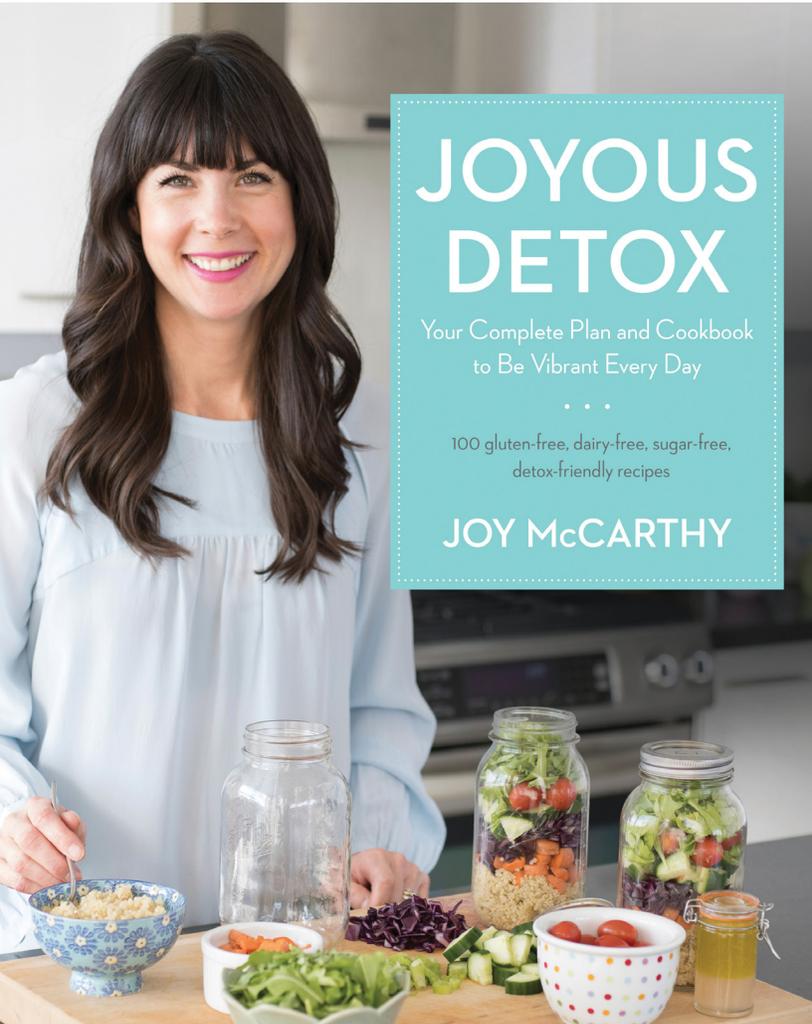
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ORDER YOUR JOYOUS COPY TODAY!

YOUR COMPLETE PLAN AND COOKBOOK TO BE VIBRANT EVERY DAY

Joy McCarthy has created your complete detox lifestyle plan in her new book, **JOYOUS DETOX**, along with 100 incredibly delicious detox-friendly recipes so you can feel vibrant every day!



JOYOUS DETOX is a healthy plan to help you detox naturally. All the recipes are gluten-free, dairy-free, refined sugar-free and emphasize specific detox-friendly foods that are simply delicious and fully nourishing.

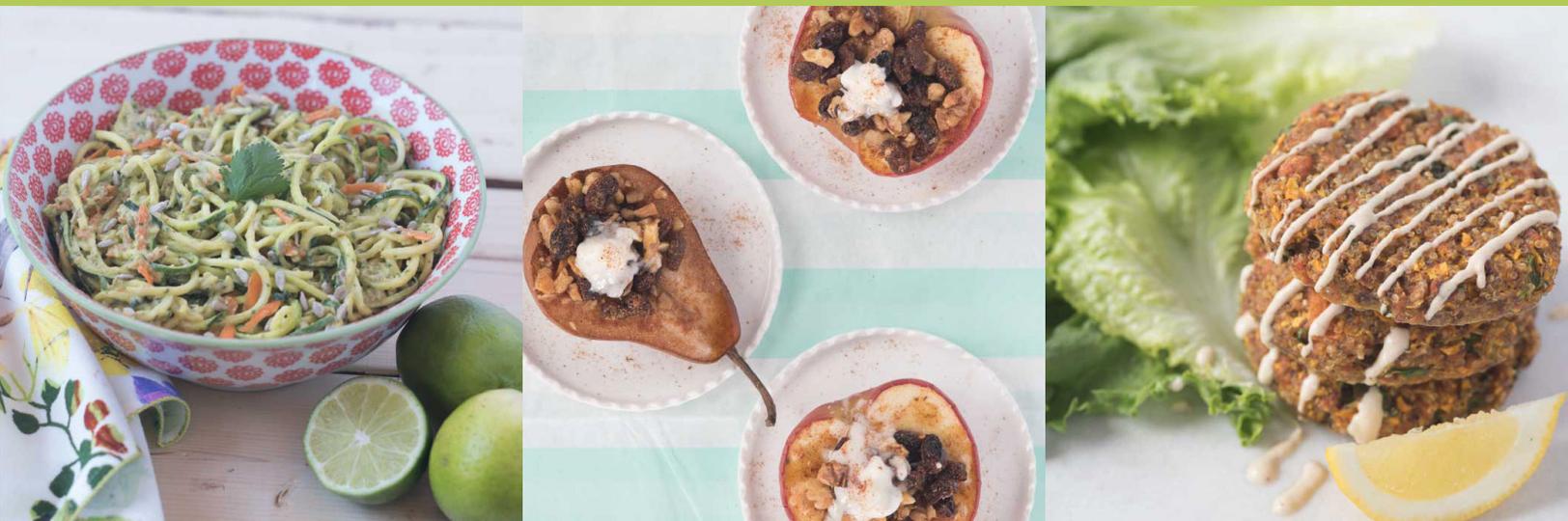
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- banished sugar cravings
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- increased energy
- better sleep
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ALL NATURAL
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live your most joyous life

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