

Melanie's



Healing Dressings: Creatively Including Veggies in Your Meals

Healing Dressings 101 Guide (5-step structure)

Healing dressing structure	Examples you can pick from
<p>1. Vegetables – either fresh or cooked. Feel free to add all the ones you'd like.</p> <p>- Main character of the story -</p>	<p>Spinach, rocket, kale, parsley, coriander, mint, chives, tomatoes, bell peppers, beans, peas, onions, garlic, celery, carrots, cauliflower, broccoli, mushrooms, beetroot, leeks, eggplant.</p>
<p>2. Fruits (optional) – either fresh, defrosted, dried, cooked or homemade paste.</p>	<p>Dates, strawberries, raspberries, lemons, limes, oranges, apricots, passion fruits, mangos, pineapples, raisins, cranberries.</p>

<p>3. Liquids – you can choose several, but it's usually fine with 1 – 2 of them.</p>	<p>Water, different varieties of vinegars (apple cider, balsamic, rice.), low sodium soy sauce / tamari, plant-based milks, coconut water.</p>
<p>4. Herbs and spices – as much as you wish.</p>	<p>Herbs. Oregano, basil, thyme, cilantro, lemongrass, marjoram, parsley, bay leaf, dill, mint, rosemary.</p> <p>Spices. Clove, peppercorn, cardamom, ginger, turmeric, cinnamon, black pepper, white pepper, nutritional yeast, paprika, smoked paprika, chili powder, salt.</p>
<p>5. Good fatty acids (optional)</p>	<p>Avocado & coconut (even though they are fruits), nuts, nut butters, seeds, olives.</p> <p>*No oils, just complete sources of good fatty acids.</p>

Do You Have This Question?

How do I know how much of each ingredient I should add?

Answer: Try, Practice and Taste!

Your senses will hone your preferences and guide you to know how much to add of every single element. With time and experience, you'll know how much to use.

Watch the several healing dressings Melanie prepared for you using the Healing Dressings 101 Guide. She does not use specific metrics or quantities...she just tries and tests them along the way.

Here are all the examples you saw in the video lesson, which you can use as a guide when preparing your own healing dressings.

1. "Cheese" Sauce

Vegetables: potato, carrot

Fruits: none

Liquids: apple cider vinegar, unsweetened plant-based milk, water

Herbs & spices: nutritional yeast, garlic & onion powder, salt & pepper

Good fatty acids: cashews

2. Pesto Dressing

Vegetables: basil, broccoli

Fruits: lemon

Liquids: unsweetened plant-based milk

Herbs & spices: nutritional yeast, salt & pepper

Good fatty acids: nuts

3. Very green avocado dressing

Vegetables: spinach

Fruits: lemon

Liquids: unsweetened plant-based milk

Herbs & spices: cilantro, garlic & onion powder, salt & pepper.

Good fatty acids: avocado

4. Smoked Mediterranean Sauce

Vegetables: grilled red bell pepper, garlic, onions

Fruits: none

Liquids: unsweetened plant-based milk, liquid aminos

Herbs & spices: basil, smoked paprika, salt & pepper.

Good fatty acids: none

5. Beetroot Wild Dressing

Vegetables: boiled beetroot

Fruits: dates

Liquids: apple cider vinegar

Herbs & spices: garlic & onion powder, pinch of clove powder, salt & pepper.

Good fatty acids: tahini

You can use all of these dressings and sauces on top of your baked potatoes, colorful bowls, sandwiches, grilled veggies, and of course, your salads.

If you also have a hard time when it comes to preparing salads or you don't have a proper structure to follow so you can create your own satiating bowls and salads, please take a look at Melanie's class called *The Creative Salad Method*, where you'll learn her step-by-step method to prepare the best salads ever, on your own.

Bon appétit!