



FOREST MOON SALAD

INGREDIENTS

Salad:

- 1 apple (thinly sliced or diced)
- ¼ cup walnuts (chopped)
- ¼ cup goat cheese (crumbled)
- 2 cups mixed greens (spinach, arugula, and/or kale)
- ¼ cup dried cranberries
- 2 tablespoons pumpkin seeds
- Optional: ½ cup toasted quinoa or ¼ cup chopped fresh parsley

Dressing:

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 2 teaspoons honey
- ½ teaspoon Dijon mustard
- Salt & pepper to taste

DIRECTIONS

1. In a bowl, mix together apples, walnuts, goat cheese, greens, cranberries, pumpkin seeds, and any optional additions like quinoa or parsley.
2. In a separate small bowl, whisk the dressing ingredients together.
3. Pour the dressing over the salad and gently toss to combine everything.
4. Serve immediately, or store in a sealed container or mason jar in the refrigerator for a refreshing, make-ahead meal for a busy day.

Why This is Mission-Ready Fuel:

Every ingredient is tactical.

- **Apples:** Fast-acting energy to keep you sharp.
 - **Walnuts & Pumpkin Seeds:** Brain-boosting omega-3s and muscle-repairing protein.
 - **Greens:** Micronutrient firepower for endurance.
 - **Cranberries:** Antioxidant defense—because you don't have time for oxidative stress.
 - **Goat Cheese:** Recovery support, plus it tastes good.
 - **Toasted Quinoa** (Optional): Extra protein, extra crunch—if you need more firepower.
- Quick, efficient assembly. Zero wasted time. This is grab-and-go fuel, ready to deploy when you need it. Keeps your system running smoothly, your muscles primed, and your endurance locked in. No crash, no junk—just mission-ready nutrition.

NOTES
