



Spring Greens & Edamame Salad – Meal Prep Guide

Get ready to enjoy clean, delicious meals all week long with this easy and organized meal prep plan! Follow the steps below to prep your Spring Greens and Edamame Salad with Miso Dressing for 3–5 days of nourishing eats.



Step 1: Shop + Chop

- Wash and dry all your greens thoroughly (use a salad spinner for best results).
- Slice carrots, red cabbage, snap peas, radishes, and scallions.
- Store prepped veggies in separate airtight containers or reusable produce bags.

Step 2: Prep the Salad Base

- In 3–5 individual containers, start with a base of spring greens.
- Layer on chopped carrots, edamame, cabbage, radishes, and scallions.
- Leave microgreens and avocado off until ready to eat.



Step 3: Make the Dressing Ahead

- Whisk or blend the miso dressing and store in a jar or portioned containers.
- Keeps fresh in the fridge for up to 5 days.
- If thickens, stir in a bit of water or lime juice before using.

Step 4: Assemble When Ready

- Shake or toss prepped salad just before serving.
- Add microgreens, avocado, and dressing right before eating for best texture.
- Pack your own DIY salad kits for grab-and-go ease!

