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SALAD DRESSING RECIPES

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OUR GIFT TO YOU



Salad Dressing Recipes

Here are ten salad dressing recipes, each designed to fill a small bottle (about 200-250ml) that you can keep in the fridge. These dressings are perfect for adding to leafy greens or salads. Make sure to shake them well before each use!

Classic Vinaigrette

INGREDIENTS

- 120ml (4 fl oz) extra-virgin olive oil
- 60ml (2 fl oz) red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 clove garlic, minced
- Salt and pepper to taste

INSTRUCTIONS

1. In a small bowl, whisk together the vinegar, mustard, honey, and garlic.
2. Slowly drizzle in the olive oil while whisking continuously.
3. Season with salt and pepper to taste.
4. Pour into a small bottle and store in the fridge for up to one week.

Lemon Tahini Dressing

INGREDIENTS

- 80g (2.7 oz) tahini
- 60ml (2 fl oz) water
- 2 tbsp extra-virgin olive oil
- 3 tbsp fresh lemon juice
- 1 clove garlic, minced
- 1 tbsp maple syrup (or honey)
- Salt and pepper to taste

INSTRUCTIONS

1. In a blender or small bowl, combine all ingredients.
2. Blend until smooth, adding more water if needed to reach the desired consistency.
3. Taste and adjust seasoning with salt and pepper.
4. Store in the fridge for up to one week.

Balsamic Vinaigrette

INGREDIENTS

- 120ml (4 fl oz) extra-virgin olive oil
- 60ml (2 fl oz) balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 clove garlic, minced
- Salt and pepper to taste

INSTRUCTIONS

1. Whisk together balsamic vinegar, mustard, honey, and garlic.
2. Slowly whisk in the olive oil until emulsified.
3. Season with salt and pepper.
4. Store in the fridge for up to one week.

Honey Mustard Dressing

INGREDIENTS

- 120ml (4 fl oz) extra-virgin olive oil
- 60ml (2 fl oz) apple cider vinegar
- 2 tbsp Dijon mustard
- 2 tbsp honey
- Salt and pepper to taste

INSTRUCTIONS

1. Whisk together vinegar, mustard, and honey.
2. Slowly add olive oil, whisking to emulsify.
3. Season with salt and pepper.
4. Store in the fridge for up to one week.

Creamy Caesar Dressing

INGREDIENTS

- 120g (4.2 oz) mayonnaise
- 25g (0.9 oz) grated vegan cheese
- 2 tbsp fresh lemon juice
- 2 tsp Dijon mustard
- 1 clove garlic, minced
- 1 tsp Worcestershire sauce
- Salt and pepper to taste

INSTRUCTIONS

1. Whisk together all ingredients until smooth.
2. Add water or olive oil if needed to adjust consistency.
3. Store in the fridge for up to five days.

Citrus Poppy Seed Dressing

INGREDIENTS

- 120ml (4 fl oz) extra-virgin olive oil
- 60ml (2 fl oz) fresh orange juice
- 2 tbsp fresh lemon juice
- 1 tbsp honey
- 1 tsp poppy seeds
- Salt and pepper to taste

INSTRUCTIONS

1. In a small bowl, whisk together orange juice, lemon juice, and honey.
2. Slowly whisk in olive oil until blended.
3. Stir in poppy seeds and season with salt and pepper.
4. Store in the fridge for up to one week.

Herbed Greek Yogurt Dressing

INGREDIENTS

- 120g (4.2 oz) dairy-free Greek yogurt
- 2 tbsp extra-virgin olive oil
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 2 tbsp chopped fresh herbs (dill, parsley, or chives)
- Salt and pepper to taste

INSTRUCTIONS

1. Combine all ingredients in a bowl.
2. Whisk until smooth, adding more lemon juice or olive oil to thin as desired.
3. Adjust seasoning with salt and pepper.
4. Store in the fridge for up to five days.

Ginger Sesame Dressing

INGREDIENTS

- 60 ml (2 fl oz) sesame oil
- 60 ml (2 fl oz) rice vinegar
- 2 tbsp soy sauce
- 1 tbsp honey (or maple syrup)
- 1 tbsp grated fresh ginger
- 1 clove garlic, minced

INSTRUCTIONS

1. Whisk together all ingredients until smooth.
2. Adjust seasoning to taste, adding more vinegar or soy sauce if needed.
3. Store in the fridge for up to one week.

Avocado Lime Dressing

INGREDIENTS

- 1 ripe avocado
- 60 ml (2 fl oz) extra-virgin olive oil
- 60 ml (2 fl oz) water
- 2 tbsp fresh lime juice
- 1 clove garlic, minced
- Salt and pepper to taste

INSTRUCTIONS

1. In a blender, combine avocado, olive oil, water, lime juice, and garlic.
2. Blend until smooth, adding more water if necessary.
3. Season with salt and pepper.
4. Store in the fridge for up to three days (avocado may oxidize, so consume quickly).

Maple Dijon Dressing

INGREDIENTS

- 120ml (4 fl oz) extra-virgin olive oil
- 60ml (2 fl oz) apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup
- Salt and pepper to taste

INSTRUCTIONS

1. Whisk together vinegar, Dijon mustard, and maple syrup.
2. Slowly whisk in olive oil until emulsified.
3. Season with salt and pepper.
4. Store in the fridge for up to one week.

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
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