

PRO 21 Diet - Big Constipation-Friendly Salad

Serves: 1 Texture goal: Mostly tender, lightly cooked, well-oiled. Best at lunch, followed by a 10-minute walk.

Greens (choose 1–2, lightly cooked)

- 2 cups spinach, chard, or baby kale (*lightly wilted — this matters*)

Fresh additions (small chop)

- ½ cup cucumber
- ½ cup grated carrot
- Optional: fennel, zucchini ribbons

Protein (optional but helpful)

- 3–4 oz salmon, sardines, or trout (baked, poached, or canned in water)

Herbs (liberal!)

- Parsley, dill, cilantro, or basil (¼ cup total)

Olive Oil–Forward Dressing (Motility Key)

- 2 Tbsp extra-virgin olive oil
- Juice of ½ lemon
- ¼ tsp ground cumin
- Pinch turmeric
- Black pepper
- Sea salt to taste

Place greens in a pan with a splash of water.

Cover and steam/sauté 1–2 minutes until just wilted.

Cool slightly (warm is ideal).

Add wilted greens to a bowl.

Top with cucumber, carrot, herbs, and seafood (if using).

Whisk dressing ingredients.

Pour over salad and toss thoroughly.

Let sit 5 minutes — this softens fiber and improves digestion.