

Strawberry Feta Spinach Salad

 Serves **2** |  Prep time **10 min** |  Cook time **No cooking needed**

 Symptom support **Healthy Weight** | **Gut Support**

How this recipe supports cancer health

This salad is fresh, steady, and built for hormonal balance. Strawberries bring antioxidants and vitamin C to support immune function. Spinach adds fiber to keep digestion moving and iron to help fight fatigue. Feta and nuts contribute protein and healthy fats that support stable energy and blood sugar. The olive oil and balsamic provide anti inflammatory benefits while keeping the meal light but satisfying. It’s an easy, no cook option that supports hormone regulation, healthy weight, and overall recovery.

Ingredients

- 2 cups spinach (fresh or bagged)
- 1 cup strawberries, sliced (fresh or frozen, thawed)
- ¼ cup feta cheese (optional)
- 2 tbsp chopped almonds or sunflower seeds
- 1 tbsp olive oil + 1 tbsp balsamic vinaigrette



Instructions

1. Combine all ingredients in a bowl.
2. Toss lightly with olive oil and vinaigrette.

Vegan Swap

Skip feta or use vegan cheese; keep nuts for protein and texture.

Nutrition Info (per serving)

Approx. 340 kcal | 8g protein | 4g fiber
14g fat | Low sodium

Notes