

Broccoli & Salmon Skin-Glow Salad

Ingredients

- 1 salmon fillet (grilled or baked)
- 1 cup steamed broccoli florets
- ½ avocado, sliced
- ½ cup arugula or spinach
- 1 tbsp pumpkin seeds
- Dressing: 2 tbsp olive oil, 1 tsp Dijon mustard, 1 tsp lemon juice, pinch of salt

Instructions

1. Grill or bake the salmon until cooked through.
2. Steam broccoli until tender but still bright green.
3. In a bowl, arrange arugula, broccoli, avocado slices, and pumpkin seeds.
4. Place salmon on top.
5. Drizzle with olive oil + mustard + lemon dressing.

Benefits

- Broccoli: vitamin C → collagen support for youthful skin.

- Salmon: omega-3 fatty acids → nourish scalp and reduce hair shedding.
- Pumpkin seeds: zinc → boosts hair growth and skin healing.