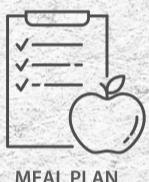




# Meals on Mesa

Track your meals. Understand your nutrition. Plan with intention.

[Create an Account](#)

MEAL PLAN

## Track Your Meals

See what you're eating and how it aligns with your goals.



## Understand Your Nutrition

Learn what nutrients you may be missing and how it affects your body.



## Plan with Purpose

Build meal plans that support your health, not just your schedule.

## Trending Recipes



Salmon Salad

High-protein

Low-Carb

12 min

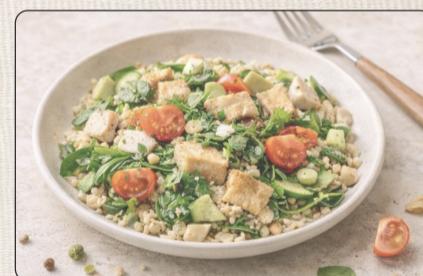


Chicken Salad

High-protein

Low-Carb

13 min



Tofu Salad

High-protein

Low-Carb

13 min

6 min

[Browse Recipes](#)



# Log In

Welcome back! Please enter your details.

Hi



Email Address



Password

Log in

[Forgot Password?](#)

Don't have an account? [Create account](#)



Meals on Mesa

[About](#) | [Privacy](#) | [Contact](#)

© 2026 Meals on Mesa. All rights reserved.



## Create an Account

Join MOM and start planning your healthy meals today

### Create an Account



Full Name



Email Address



Password



Confirm Password

Sign up

Already have an account? [Log In](#)





# Recipe Library

Browse, filter, and save recipes that match your goals.

Search recipes, ingredients, or diets...



High-Protein

Low-Carb

Gut-Friendly

Anti-Inflammatory



Salmon Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)



Chicken Salad



High-protein

Low-Carb

13 min

6 min

[View Recipe](#)



Tofu Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)



Salmon Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)



Chicken Salad



High-protein

Low-Carb

13 min

6 min

[View Recipe](#)



Tofu Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)

<< 1 2 3 4 >>



< Recipe Library / **Salmon Salad**

# Salmon Salad

A fresh, high-protein salad with roasted salmon, crisp greens, and a simple lemon vinaigrette

**High-protein****Low-carb****Gut-friendly**Prep  
10 minCook  
12 min

Servings

- 2 +

Save

Add to Meal Plan



## Ingredients

Amounts update when you change servings.

- 2 Salmon Fillets
- 4 cups mixed greens
- 1 avocado, sliced
- 1 cup cherry tomatoes
- 1/2 cucumber, slices
- 2 tbs olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon Mustard
- 1 tsp honey
- Salt & pepper to taste

## Instructions

1. Preheat the oven to 400°F (200°C).
2. Season the salmon fillets with salt, pepper, and a drizzle of olive oil. Place them on a lined baking sheet.
3. Bake the salmon for 10–12 minutes, or until it flakes easily with a fork. Remove from the oven and let it rest for a few minutes.
4. Prepare the dressing.
5. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper until well combined.
6. Assemble the salad.
7. In a large bowl, combine the mixed greens, sliced avocado, cherry tomatoes, and cucumber.
8. Add the salmon.
9. Flake the cooked salmon into large pieces and place it on top of the salad.
10. Drizzle the dressing over the salad and toss gently to combine. Serve immediately.





# Weekly Library Planner

Plan meals for the week and update your shopping list automatically.

Week of: April 29, 2026



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 <b>Tofu Salad</b>	+ Add Recipe					
Lunch	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe
Dinner	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe
Supper	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe

[Generate Shopping List](#)



# Your Shopping List

Find your items easier with our automatic Shopping List

## Produce

Cherry Tomatoes

Spinach

Kale

Garlic

## Protein

Chicken Breast

Ground Turkey

Salmon

Tofu

## Dairy

Yellow Cheese

milk

Almond Milk

## Grains & Carbs

Brown Rice

Quinoa

Oats

Pasta

## Pantry

Olive Oil

Vinegar

Salt

Pepper

## Frozen

Frozen Vegetables

Frozen Fruit

Frozen Burritos

[Clear Checked Items](#)



# Trending

See what's trending. Try something new.



Salmon Salad

[View Recipe](#)

High-protein

12 min



Chicken Salad

[View Recipe](#)

High-protein

13 min



Tofu Salad

[View Recipe](#)

High-protein

12 min

6 min



Salmon Salad

[View Recipe](#)

High-protein

12 min



Chicken Salad

[View Recipe](#)

High-protein

13 min



Tofu Salad

[View Recipe](#)

High-protein

12 min

6 min



Salmon Salad

[View Recipe](#)

High-protein

12 min



Chicken Salad

[View Recipe](#)

High-protein

13 min



Tofu Salad

[View Recipe](#)

High-protein

12 min

6 min





Meals on Mesa

Home

Recipes

Meal Planner

Shopping List

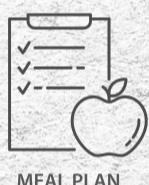
Trends



# Meals on Mesa

Track your meals. Understand your nutrition. Plan with intention.

Create an Account



MEAL PLAN

## Track Your Meals

See what you're eating and how it aligns with your goals.



## Understand Your Nutrition

Learn what nutrients you may be missing and how it affects your body.



## Plan with Purpose

Build meal plans that support your health, not just your schedule.

## Trending Recipes



Salmon Salad

High-protein

Low-Carb

12 min

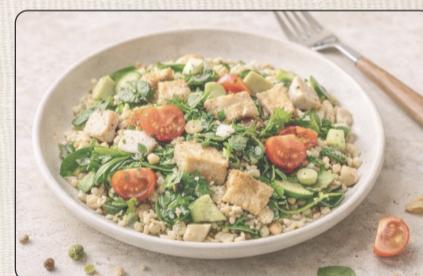


Chicken Salad

High-protein

Low-Carb

6 min



Tofu Salad

High-protein

Low-Carb

13 min

6 min

Browse Recipes



Meals on Mesa

About | Privacy | Contact

© 2026 Meals on Mesa. All rights reserved.



# Log In

Welcome back! Please enter your details.

Hi



Email Address



Password

Log in

[Forgot Password?](#)

Don't have an account? [Create account](#)



## Create an Account

Join MOM and start planning your healthy meals today

### Create an Account



Full Name



Email Address



Password



Confirm Password

Sign up

Already have an account? [Log In](#)



Meals on Mesa

About | Privacy | Contact

© 2026 Meals on Mesa. All rights reserved.



# Recipe Library

Browse, filter, and save recipes that match your goals.

Search recipes, ingredients, or diets...



High-Protein

Low-Carb

Gut-Friendly

Anti-Inflammatory



Salmon Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)



Chicken Salad



High-protein

Low-Carb

13 min

6 min

[View Recipe](#)



Tofu Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)



Salmon Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)



Chicken Salad



High-protein

Low-Carb

13 min

6 min

[View Recipe](#)



Tofu Salad



High-protein

Low-Carb

12 min

6 min

[View Recipe](#)

<< 1 2 3 4 >>



< Recipe Library / **Salmon Salad**

# Salmon Salad

A fresh, high-protein salad with roasted salmon, crisp greens, and a simple lemon vinaigrette

**High-protein****Low-carb****Gut-friendly**Prep  
10 minCook  
12 minServings  
- 2 +

Save

Add to Meal Plan



## Ingredients

Amounts update when you change servings.

- 2 Salmon Fillets
- 4 cups mixed greens
- 1 avocado, sliced
- 1 cup cherry tomatoes
- 1/2 cucumber, slices
- 2 tbs olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon Mustard
- 1 tsp honey
- Salt & pepper to taste

## Instructions

1. Preheat the oven to 400°F (200°C).
2. Season the salmon fillets with salt, pepper, and a drizzle of olive oil. Place them on a lined baking sheet.
3. Bake the salmon for 10–12 minutes, or until it flakes easily with a fork. Remove from the oven and let it rest for a few minutes.
4. Prepare the dressing.
5. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper until well combined.
6. Assemble the salad.
7. In a large bowl, combine the mixed greens, sliced avocado, cherry tomatoes, and cucumber.
8. Add the salmon.
9. Flake the cooked salmon into large pieces and place it on top of the salad.
10. Drizzle the dressing over the salad and toss gently to combine. Serve immediately.





# Weekly Library Planner

Plan meals for the week and update your shopping list automatically.

Week of: April 29, 2026



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 <b>Tofu Salad</b>	+ Add Recipe					
Lunch	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe
Dinner	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe
Supper	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe	+ Add Recipe

[Generate Shopping List](#)



# Your Shopping List

Find your items easier with our automatic Shopping List

## Produce

- Cherry Tomatoes

- Spinach

- Kale

- Garlic

## Protein

- Chicken Breast

- Ground Turkey

- Salmon

- Tofu

## Dairy

- Yellow Cheese

- milk

- Almond Milk

## Grains & Carbs

- Brown Rice

- Quinoa

- Oats

- Pasta

## Pantry

- Olive Oil

- Vinegar

- Salt

- Pepper

## Frozen

- Frozen Vegetables

- Frozen Fruit

- Frozen Burritos

[Clear Checked Items](#)



# Trending

See what's trending. Try something new.



Salmon Salad

[View Recipe](#)

High-protein

12 min



Chicken Salad

[View Recipe](#)

High-protein

13 min



Tofu Salad

[View Recipe](#)

High-protein

12 min

6 min



Salmon Salad

[View Recipe](#)

High-protein

12 min



Chicken Salad

[View Recipe](#)

High-protein

13 min



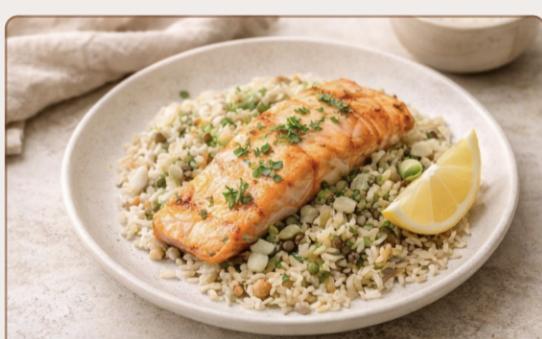
Tofu Salad

[View Recipe](#)

High-protein

12 min

6 min



Salmon Salad

[View Recipe](#)

High-protein

12 min



Chicken Salad

[View Recipe](#)

High-protein

13 min



Tofu Salad

[View Recipe](#)

High-protein

12 min

6 min