

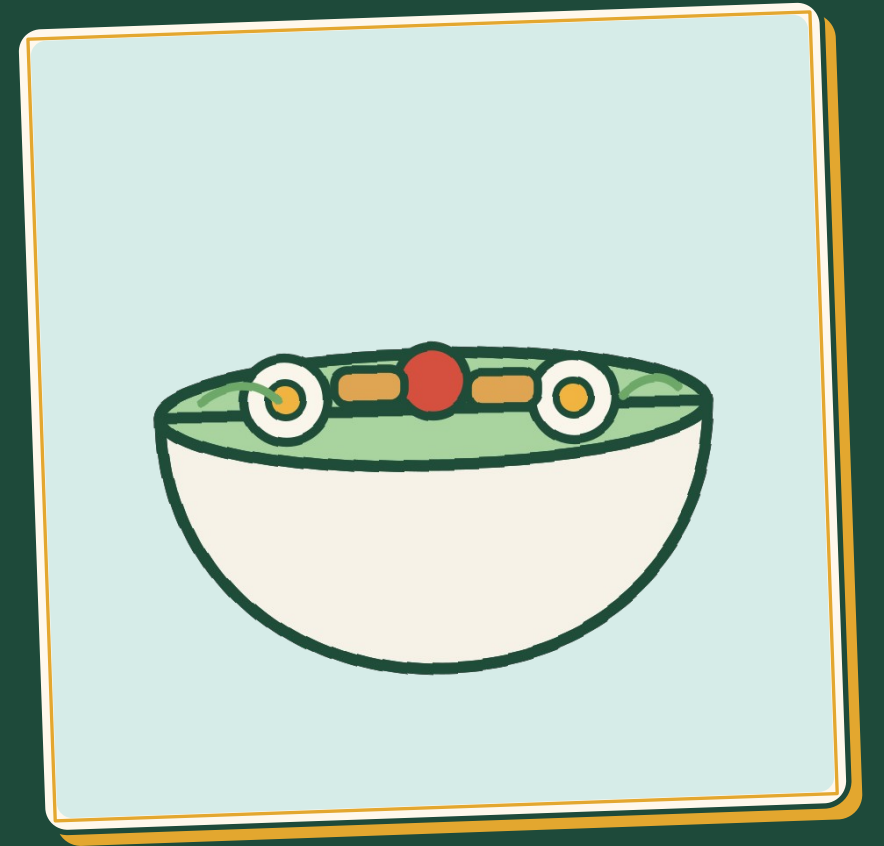
RECIPE BREAKDOWN · RECIPE 19

Carolina Gold Cobb Salad

The highest-protein recipe in the collection.

Every ingredient has a job. Let's take the plate apart before we build it.

Scratch Nutrition Lab × Evans High School



ONE SERVING

What this plate is carrying

533

CALORIES

53g

PROTEIN

17g

CARBS

28g

FAT

5g

FIBER

Fifty-three grams of protein, spread across chicken, eggs, turkey and cheddar, gives you all nine essential amino acids in one sitting. This is not just a salad. This is a recovery meal.

Take CTRL · Recipe 19 · Performance Note

Almond flour, not wheat flour

~~Wheat flour or breadcrumbs~~



Almond flour



Gluten-free, and it brings protein and fiber that wheat flour doesn't. The fat in the almonds browns, so the crust still crisps.

WHY IT MATTERS HERE

- 1 Celiac disease**
An immune reaction to gluten that damages the small intestine. There's no medication — avoiding gluten is the treatment.
- 2 Gluten sensitivity**
No immune damage, but real symptoms. Far more common than celiac.
- 3 Cooking for other people**
Somebody at your table will need this someday. Now you know one way to do it.

HOW THIS WORKS

One Ingredient at a Time

1

Picture it

The ingredient, on its own.

2

Read the jobs

Three or four things it actually does.

3

Then build it

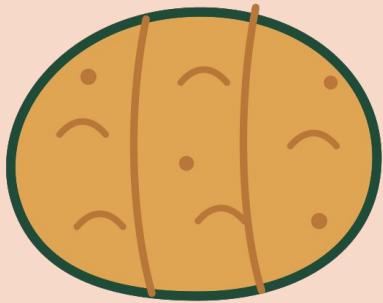
You'll plate all eight in the lab.

Nothing on this plate is random. Every piece is doing something.

INGREDIENT 01 OF 08

Chicken Breast

1 fillet per 2 servings · breaded and air-fried



1

Complete protein

It has all nine essential amino acids — the ones your body can't make on its own.

2

Lean cut

The breast carries most of the protein and very little of the fat.

3

B vitamins

Niacin and B6 help turn the food you eat into usable energy.

4

Air-fried, not deep-fried

Same crunch, a fraction of the oil.

INGREDIENT 02 OF 08

Almond Flour

1/3 cup · our breadding, instead of wheat flour



...

OUR GLUTEN-FREE SWAP

1

Gluten-free

It's ground almonds, not wheat, so it's safe for anyone with celiac disease or gluten sensitivity.

2

Protein and fiber

Wheat flour brings almost neither. Almond flour brings both.

3

Vitamin E

An antioxidant that protects your cells from damage.

4

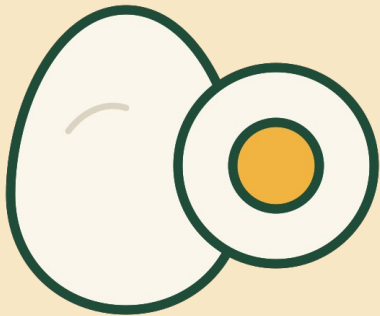
It crisps

The fat in the almonds browns in the heat, so you get crunch without a deep fryer.

INGREDIENT 03 OF 08

Hard-Boiled Eggs

4 per recipe · sliced or quartered



1

Choline

Supports memory and brain function. Eggs are one of the best sources you can eat.

2

Complete protein

About 6 grams each, and again all nine essential amino acids.

3

The yolk carries the vitamins

A, D, E and K live in the yolk, not the white. Don't throw it out.

4

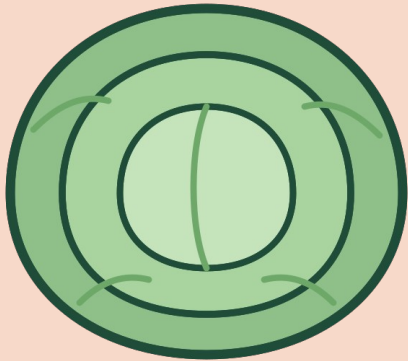
Cheap and filling

One of the lowest-cost complete proteins in the store.

INGREDIENT 04 OF 08

Butter Lettuce Blend

2 cups per serving · the base of the plate



1

Volume, almost no calories

It fills the plate and fills you without weighing the meal down.

2

Vitamin K and folate

K for blood clotting and bones, folate for building new cells.

3

Mostly water

Hydration you eat instead of drink.

4

It sets the size

Everything else sits on top, so the greens decide how big this salad feels.

Mini Sweet Peppers

4, sliced



1

Loaded with vitamin C

Ounce for ounce, more vitamin C than an orange.

2

Beta-carotene

Your body turns that orange and red pigment into vitamin A for your eyes and skin.

3

Color means compounds

Red ripened the longest, so it's the sweetest and the most nutrient-dense.

4

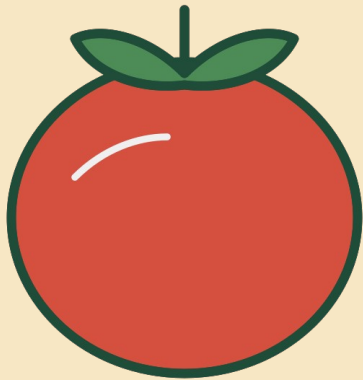
Crunch

Texture is a big part of why anyone finishes a salad.

INGREDIENT 06 OF 08

Tomato

1, diced



1

Lycopene

The antioxidant behind the red color. Your body absorbs it better with a little fat — the dressing helps.

2

Vitamin C

Teams up with the peppers on the same plate.

3

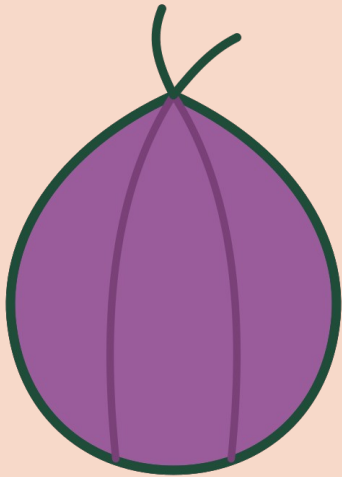
Potassium

Helps balance fluids and blood pressure.

INGREDIENT 07 OF 08

Red Onion

½, sliced thin



1

Quercetin

An antioxidant concentrated in the purple outer layers.

2

Prebiotic fiber

Food for the good bacteria in your gut — straight from the classroom session.

3

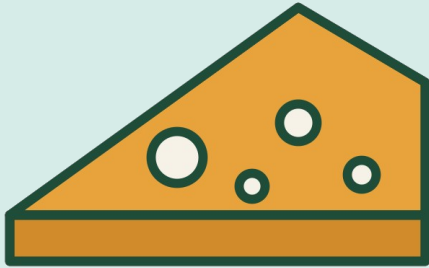
Flavor without salt

Sharp raw, sweet when it cooks. Either way, big taste for zero sodium.

INGREDIENT 08 OF 08

Aged Cheddar

A sprinkle · about 4 oz per group



1

Calcium

Builds bone, and you are still building yours right now.

2

More protein

It adds to the total. This is part of why the plate reaches 53 grams.

3

Aged means stronger

Sharper cheese has more flavor per gram, so you need less of it.

PUT IT TOGETHER

Ingredients Work as a Team



Dressing + tomato

Lycopene, and vitamins A, D, E and K, all need fat to be absorbed. The dressing is what carries them in.



Four proteins, one plate

Chicken, eggs, turkey and cheddar stack up to 53 grams and all nine essential amino acids.



Raw onion + your gut

The prebiotic fiber in the onion feeds the same bacteria from the classroom session.

What This Salad Brings You

Protein

Chicken, eggs, turkey and aged cheddar — 53 g

Fiber

Lettuce, peppers, tomato and onion

Healthy fat

Almonds in the breading, the yolks, the dressing

Vitamins

C, A, K, folate and choline

Minerals

Calcium from the cheddar, potassium from the tomato

Gluten-free

Almond flour instead of wheat, start to finish

NOW LET'S BUILD IT

You know what every ingredient does.

*Season it like you mean it. Plate it like
somebody's paying for it.*

Recipe 19 · Take CTRL Nutrition Manual

Scratch Nutrition Lab × Evans High School

