

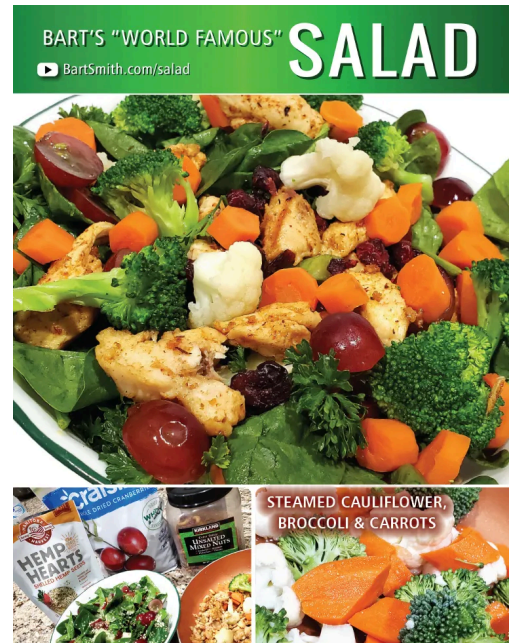
## FOR IMMEDIATE RELEASE

CONTACT: [BART SMITH'S OFFICE](#)

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# Power Lunch (or Dinner), Simplified: Bart Smith's "World Famous" Spinach Salad Serves Up Big Flavor, Lean Fuel & Weeknight Ease

A craveable, nutrient-dense salad—topped with salmon, chicken, or tofu—that swaps heavy dressings for a bright squeeze of lemon. The full recipe is free at [BartSmith.com](https://BartSmith.com).



**Las Vegas, NV – September 2, 2025** —Author and creator Bart Smith announces the release of his go-to lunch or dinner favorite from his cookbook, *Who's Hungry?*, a "World Famous" Spinach Salad loaded with fresh spinach, parsley, red grapes, cranberries, mixed nuts, and lightly steamed veggies—finished with a clean squeeze of lemon instead of dressing. The complete, step-by-step recipe is available free (in full) at [BartSmith.com](https://BartSmith.com), and Smith is available for interviews and in-person demonstrations for media, organizations, and audiences who want a fast, healthy meal that actually satisfies.

**"Most salads are boring—this one is anything but,"** said Smith. **"It's colorful, filling, and easy to make several times a week. Add salmon, chicken, or tofu and you've got a complete meal in minutes."**

## Why This Recipe Matters For Your Audience

- **Meal-prep friendly & fast:** Simple equipment (a grill or skillet and a small pan) turns out a restaurant-quality salad in minutes—ideal for busy weekdays.
- **Clean, flavorful finish:** Lemon juice replaces heavy dressings, keeping the bowl bright, fresh, and calorie-savvy.
- **Customizable protein:** Top with salmon, chicken thighs/breasts, or sautéed tofu for a substantial lunch or dinner.

- **Texture + nutrition:** A satisfying mix of spinach, parsley, halved red grapes, dried cranberries, mixed nuts, and lightly steamed carrots, broccoli, and cauliflower; optional hemp hearts add an extra nutrient boost.

- **Real-world results:** Smith credits this salad—enjoyed 2–3 times per week—with helping him stay lean, energized, and on track with healthy eating habits.

### **What’s inside the free recipe ...**

- **A concise ingredient roadmap** you can scale for one or a crowd
- **Clear, step-by-step directions** (including quick steaming and protein add-ins)
- **Practical gear notes** (Foreman grill or skillet; small pan; cutting board; knife)
- **Photo guidance from prep** to the “finished bowl”

### **Availability For Interviews & Demos**

Bart Smith is available for broadcast, podcast, print, and digital interviews. If scheduling allows, he can also provide in-person cooking demonstrations showing audiences exactly how to shop, prep, and plate the salad—live and on camera.

### **Call To Action**

Get the full, free recipe for Bart Smith’s Spinach Salad—and explore more dishes from *Who’s Hungry?*—at [BartSmith.com](http://BartSmith.com). For interviews, segments, or a live demo, contact Bart Smith below.

### **How To Access**

Read the full, free recipe now at [BartsCookbook.com](http://BartsCookbook.com) and print the Google document version for your kitchen.

### **About Who’s Hungry?**

Bart Smith’s full-color cookbook features 80 pages and 20+ favorite meals and beverages he makes at home—from breakfast to party-ready eats—with step-by-step visuals. Portions of the book can be read online at [BartSmith.com](http://BartSmith.com).

### **About The Author**

Bart Smith is the author of 30+ books, a YouTuber, speaker and home chef known for practical, step-by-step teaching across business, self-help and cooking. He regularly shares recipes, book tours and tutorial content through his website and channels. His book catalog spans business, personal growth, media/PR, confidence, motivation, dating/relationship and other lifestyle titles. He is a marketing strategist who has coached creators, experts, and entrepreneurs on writing books, building brands, and media-ready platforms for two decades.

He writes and teaches with a “show me, then let me do it” philosophy, pairing concise manuals with action-oriented training and tutorials. He specializes in teaching practical skills that help individuals create opportunities, earn income, and build confidence. Where his relationship books and work are concerned, his messages emphasize clarity, character, communication, and common-sense strategies for thriving relationships. Across books, videos, and appearances, Smith blends step-by-step instruction with everyday ingredients to help audiences eat better, feel better, and save time in the kitchen.

Through books, videos, workshops, and online training at BartSmith.com and his YouTube channel @BartSmithWorld, he translates complex life topics into actionable plans for immediate use. Committed to empowering individuals to take control of their lives and careers with a practical approach to confidence and clarity, he has also baked and shipped over [250,000 of his “world’s best” chocolate chip cookies](#) nationwide while documenting 35 years of cookie research in his free chocolate chip cookie book available online.

### **Learn more at his websites and social media channels:**

Website (1) → [BartSmith.com](#)

YouTube → [@BartSmithWorld](#)

Instagram (2) → [@BartsCookies](#)

Website (2) → [BartsCookies.com](#)

Instagram (1) → [@BartSmithWorld](#)

TikTok → [@BartSmithWorld](#)

### **Interviews & Appearances**

Bart is available for interviews in flexible and convenient formats:

- Telephone
- In-person / In-studio
- YouTube Live
- Panel (Multiple Interviewers)
- Q&A Article Format
- Zoom
- Instagram Live
- TikTok Live
- Group (Multiple Interviewees)

Whether your medium is broadcast, digital, print, blog, podcast, or social media, Bart can adapt to your platform's style and offer giveaway prizes (i.e., a dozen cookies to 1-3 random winners, one of his books, a call with Bart, etc.) to your audience when allowed or appropriate.

### **Request An Interview**

To request an interview with Mr. Smith, please [contact his office](#). Thank you for considering Bart Smith for your media coverage. He'd love to be a part of your story.

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