



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
A Taste of Italy Detox Salad

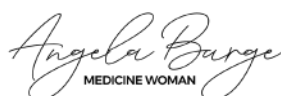
This salad is loaded with detoxifying and cleansing, nutritious ingredients to help your body release the toxins it's been storing for years. Thyme and oregano are naturally antiviral and antibacterial as well as immune building. Crunchy Salad Topper is full of good fat to fuel your metabolism and brain.

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| 1 head romaine lettuce | ¼ artichoke hearts |
| 1 bunch baby arugula | ¼ cup red onion, thinly sliced |
| 1 cup lentils, cooked | ¼ cup fresh oregano, loosely chopped |
| ½ cup grape tomatoes, sliced in 1/2 | ¼ cup fresh thyme, loosely chopped |
| 1 Zucchini, diced | 1 avocado, diced |
| 1 cup microgreens and/or sprouts- broccoli, arugula, cilantro etc. | 2-4 Tbsp Crunchy Salad Topper or 3 seed mix |
| ½ cup broccoli, chopped finely | |

Dressing: Herbed Salad Dressing – see separate recipe

Mix all salad ingredients together. Toss with herbed salad dressing, and top with Crunchy Salad Topper or 3 seed mix and fresh sliced avocado. Enjoy!

Serves 4



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