

COMBINING RIGHT RECIPES

Quick Lunches – PROTEIN

Greek Salad – serves 2

2 large, ripe tomatoes, sliced
100 g feta cheese, cut in cubes
¼ cucumber, peeled and chopped
8 black olives

Dressing:

2 tbsp extra virgin olive oil
1 tbsp cider or balsamic vinegar
1 tsp finely chopped parsley or oregano

Place all salad ingredients in a bowl. Mix dressing ingredients well and pour over salad.