

COMBINING RIGHT RECIPES

QUICK LUNCH

Protein

Zucchini Salad – serves 2 (protein)

2 small zucchinis
2 small carrots
2 Tbsp lemon juice
salt
cayenne pepper
2 Tbsp hot mustard
3 Tbsp extra virgin olive oil
3 sprigs mint

Wash zucchinis, peel carrots and cut into strips. Combine lemon juice, salt, cayenne pepper, mustard and oil. Mix with vegetables and sprinkle with chopped mint.