



Natural Life  
Choices,™ Inc.

# MY GREEN SALAD



## INGREDIENTS:

- » 1 cup of kale
- » 1 cup spring mix
- » 1 cup of shred broccoli
- » 1-2 tomatoes
- » 1 green cucumber
- » 1 avocado
- » 1 lemon
- » 1 handful of walnut
- » Salt, fresh ground pepper and favorite spices



## PREPARATION:

Mix everything together. Soak walnuts for few minutes in hot water before adding to salad.

**Bon Appetite!**

*"I have the strength for everything through him who empowers me." (Philippians 4:13)*