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PARSLEY, CUCUMBER, PINEAPPLE SALAD

This is a very light, cleansing salad.

INGREDIENTS

- 1 bunch curly parsley, washed and chopped
- 1 pkg mini-English cucumbers, chopped (6 cucumbers – 300-350g)
- ½ whole pineapple, chopped
- Juice of one lime or ½ a lemon
- Sea salt and pepper to taste

INSTRUCTIONS

Mix altogether and enjoy with 3-4 oz of protein for a very light meal.

Nutrition Facts	
4 servings per container	
Serving size	1 cup(230g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 60mg	4%
Total Carbohydrate 20g	8%
Dietary Fiber 3g	10%
Sugars 13g	
Includes 0g added sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 70mg	4%
Iron 2mg	15%
Potassium 410mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	