

Greek Salad

- 4 tomatoes, roughly chopped
- 1 cucumber, roughly chopped
- 1 bell pepper, roughly chopped
- 1 small red onion, thinly sliced
- 1 cup Kalamata olives

Greek-style dressing

- 2 teaspoons extra-virgin olive oil
- ½ teaspoon apple cider vinegar
- ½ teaspoon fresh lemon juice
- dash of dried oregano
- Himalayan sea salt and freshly ground black pepper to taste



1. In a bowl, combine all the ingredients for the dressing and stir until well combined.
2. In a salad bowl, combine the tomatoes, cucumber, bell pepper, and red onions.
3. Drizzle the dressing on top of the salad and give everything a gentle toss. Serve the salad topped with olives.

Makes 2 servings.

Serving Size = 2 cups of veggies with 1 teaspoons of dressing + 6 olives

Enjoy with 1 cup of on plan fruit and 3 oz protein to complete the meal.

