IDEAL PROTEIN
POWERING *life* POSSIBLE

GRILLIN' & CHILLIN' RECIPE DAYS

Sweet & Spicy Summer Salad

Ingredients:

1 Ideal Protein Sweet & Spicy Trail Mix packet

1 Cup Romaine lettuce

1 Cup Arugula

1/2 Cup Cucumber diced

1/2 Cup Red Bell Pepper diced

1/2 Cup Celery diced

1/2 Cup Select vegetables of your choice

Ideal Protein Italian Herb Dressing

Directions:

1. Combine the lettuces and vegetables.
2. Pour the Ideal Protein Sweet & Spicy Trail Mix on top.
3. Drizzle Ideal Protein Italian Herb Dressing over top.
4. Toss gently.
5. Serve with Ideal Protein Dill Zippers or Garlic and Fine Herbs Crisps.

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