



Herbal Weight Support Salad

*A fresh, flavorful salad to nourish your body
and support your wellness goals!*

INGREDIENTS:

- Baby spinach ~
Fresh basil ribbons
- Parsley ~ Cucumber
slices
- Cherry tomatoes ~
Black pepper
- Grilled chicken
or chickpeas
- Olive oil ~
Lemon juice

INSTRUCTIONS:

- 1 Toss vegetables and
herbs together.
- 2 Add protein of choice.
- 3 Drizzle with olive oil
and lemon juice.
- 4 Season with
black pepper.

Fresh herbs brighten
this light and
satisfying salad.
Perfect for a healthy
lunch or dinner!

Herbal Tip:

Basil supports digestion,
parsley is rich in nutrients,
and lemon aids natural
detoxification—making
this salad a perfect choice
for your wellness journey!



*Eat Well
Feel Well
Live Well*



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