

**healthy body**



**healthy mind**

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**Proper Salad!**

Spinach  
Rocket  
Lettuce  
Baby plum tomatoes  
Cucumber  
Mixed peppers  
Edamame /Soya beans (can be bought frozen)  
Spring onion  
Grated Beetroot

**Proper dressing!**

2 tbsp. Olive oil  
1 crushed garlic clove  
2 tsp. wholegrain mustard or English  
1 ½ tsp. of Balsamic vinegar  
1 tsp. runny honey  
Salt & Pepper  
1 tbsp. Orange juice.... Sounds weird, tastes great!

**Tips:** To tone down the *tang* just add a little mayo or natural yogurt to the mix.

**These have little to no calories in but add a real zing of flavour instead of dressing.**

Gherkins  
Olives  
Picked onions  
Lime juice  
Balsamic vinegar