

## Citrus and Fennel Salad

### Ingredients

- ½ grapefruit, cut into medium chunks or 1 orange in segments
- Fennel bulb, steamed
- 2 tablespoons lemon juice
- Mint or cilantro, chopped
- Stevia to taste

### Directions

1. Slice fennel bulb and cut citrus into chunks.
2. Combine ingredients in a bowl.
3. Mix well and chill.

Makes 1 serving (1 vegetable , 1 fruit)
2 grams protein
0 fat
90 calories

### PHASE 3 MODIFICATION:

Drizzle with olive oil  
and top with pine  
nuts.

