

Coleslaw/Apple Slaw

Ingredients

- 100 grams of cabbage, chopped
- 1 apple, diced (optional)
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon garlic powder
- Dash of mustard powder
- Dash of cinnamon (optional)
- Salt and pepper to taste
- Stevia to taste

Makes 1-2 servings (1 vegetable coleslaw) (1 vegetable, 1 fruit apple slaw)
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2 grams protein

0 fat

145 calories

PHASE 3 MODIFICATION:

Add mayonnaise or
Greek yogurt for a
creamier texture.

Directions

1. Slice cabbage in very thin strips. Toss with lemon juice and spices.
2. Allow to marinate for 30 minutes or overnight.
3. Add apples and ¼ teaspoon cinnamon to make an apple slaw.

