

Lobster Salad

Ingredients

- 100 grams lobster tail, diced
- 1 ½ cups celery, sliced, steamed fennel bulb, or tomatoes (optional)
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- Pinch of chopped green onion
- Pinch of tarragon
- Salt and black pepper to taste
- Stevia to taste

Directions

Mix lobster, liquid ingredients and spices together and serve over a salad, arugula greens, or with another vegetable.

Makes 1 serving (1 protein, 1 vegetable)
22 grams protein
2 fat
140 calories



PHASE 3 MODIFICATIONS:

Stir in 1-2 tablespoons mayonnaise or sour cream. You can also add any kind of fresh fruit like grapes, diced apple, or top with Stevia caramelized pear slices. Add a small amount of chopped walnuts, almonds, or pine nuts for added crunch.