

Strawberry Spinach Salad

Carbs: **35.1g** | Fat: **1.6g** | Fiber: **9.4g** | Protein: **26.3g** | Calories: **242.1**

This is a great salad for hCG dieters on the go.
You can make it ahead of time and it will wilt but still be delicious.

Servings Per Recipe: 1

Counts as 1 protein, 1 vegetable, 1 fruit, (+1 optional melba toast)

15 Minutes to Prepare and Cook

Ingredients

- 100 grams of fresh spinach
- 6 large (or 10 medium) strawberries (sliced)
- 100 grams of raw meat (chicken, lean beef or shrimp)
- apple cider vinegar or hCG approved salad dressing of choice
- 1 melba toast (optional)

Directions

chop spinach into bite sized pieces, slice strawberries
Cook 4 oz of meat however you see fit - grilled seems to taste best. cut into bite sized pieces and place in bowl with spinach and strawberries top with drizzling of apple cider vinegar or hCG approved salad dressing of choice. Letting the mixture wilt a little really gives it a good taste. Optional: Just before eating crumble up Melba Toast on top after adding dressing for added crunch



Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

(without melba toast)

- Calories: 242.1
- Total Fat: 1.6 g
- Cholesterol: 0.0 mg
- Sodium: 205.5 mg
- Total Carbs: 35.1 g
- Dietary Fiber: 9.4 g
- Protein: 26.3 g