

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling/ Weight loss DRX Spinal Decompression Chiropractic Acupuncture Soleve Comprehensive Blood Analysis

Cool cucumber sub sandwich!



First wash and seed an cucumber, leave the skin on if you prefer.

Layer in your ingredients lunch meat turkey, chicken, lettuce, (tomatoes optional), or any other vegetables you choose that are permitted.

Add a few turns of fresh ground pepper, sprinkle with ideal salt and/or other seasonings.

Close with the other half of the cucumber and you have a cool, delicious meal!

There are tons of options so get creative!