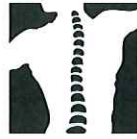


DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

IDEAL PROTEIN RECIPE OF THE WEEK:

Egg Salad lettuce wraps!

Use 2 hard boiled eggs, cucumber, romaine lettuce, a tsp of Walden Farms mayo of your choice, 1/2 tsp of grainy mustard and pepper.

Options: Add some diced onion or scallions.



(2 hard boiled eggs equals your dinner protein)

Do you have a great Ideal protein recipe you would like to share? You could be next weeks featured recipe. Email a recipe and a clear photo to Jgordondc@aol.com.