

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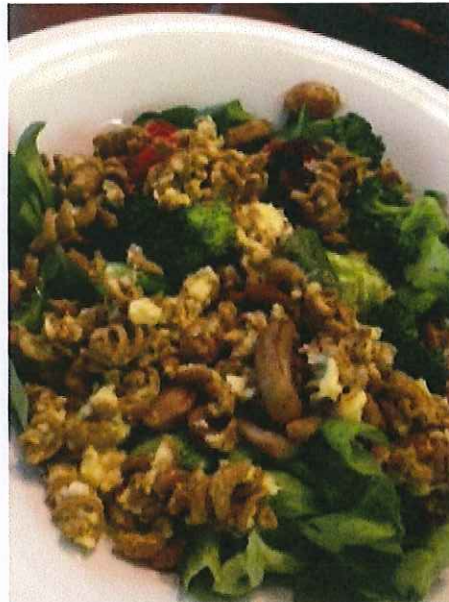
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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

Ideal Protein Recipe of the week:

Egged Rotini Pasta Salad

Serves 2



Phase 1 Friendly!

- 1 Package of Ideal Protein Tomato Basil Rotini – cooked
- 2 c Broccoli
- 1.5 c Mushrooms
- .5 c Roasted Tomatoes
- 2 Eggs
- .5 tsp Olive Oil

Saute vegetables in olive oil til crisp tender. Add eggs and scramble until done. Add rotini and serve over a bed of lettuce. Season with sea salt