

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION DR. JEREMY M. GORDON

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Ideal protein weight loss

DRX Spinal Decompression

Chiropractic

Acupuncture

Soleve

Ideal protein recipe of the week:

Potato Wrap

A new yummy recipe...

Use 1 packet of Ideal Protein Potato

Add a half of cup of water

Cook it on medium high heat

Flip it over and flatten it.

Add...

Chicken

Tomatoes (Limit 2 times a week on tomatoes)

Lettuce

Mushrooms

Walden Farms Bacon Ranch (or your choice of Walden Farms)

