

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION

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Nutritional Counseling/Weight loss DRX Spinal Decompression Chiropractic Acupuncture Soleve Comprehensive Blood Analysis



Ideal Protein Pasta:

Quick easy pasta meal.....

Ingredients:

Ideal Protein Rotini

Broccoli

2 ounces of cooked Chicken Breast

Your favorite seasonings (optional)

A little of your favorite Walden Farms dressing of your choice (Optional)

Cook ideal rotini to desired texture. Cook Broccoli (Steam), and Cook Chicken thoroughly. When completed mix together. Add favorite seasonings or Walden Farms dressings. Enjoy!