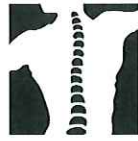


DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

Ideal Protein Recipe of the week: Tomato Basil Grilled Chicken Pasta



Tomato Basil Grilled Chicken Pasta

- 1 cup Walden Farms Tomato and Basil Spaghetti Sauce
- 1 Pack Ideal Protein Rotini
- 8 oz Chicken Breast
- 2 Cups Broccoli or Shredded Broccoli
- 1 teaspoon Olive Oil
- ½ teaspoon IP Salt

- Grill chicken with olive oil and place to the side
- Steam Broccoli for 10 minutes
- Cook rotini according to package directions then add to pan with Walden Farms Sauce and heat
- add IP Salt and combine with chopped chicken and broccoli to pan

