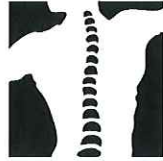


DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling/Weight loss DRX Spinal Decompression Chiropractic Acupuncture Soleve Comprehensive Blood Analysis

Zucchini Chips -(Phase 1-4)

3 medium zucchini, sliced into 1/4-inch chips
2 Tbsp. lemon juice
2 Tbsp. olive oil
1 teaspoon sea salt, pepper to taste

*Phase 3 and 4 you can add 2 oz. grated parmesan cheese.

Preheat oven to 450°F. Toss zucchini slices with lemon juice, olive oil, salt and pepper. Spread out on in a single layer on a jelly roll pan. Roast 7 minutes. Turn zucchini over. Roast another 7-8 minutes.

