



JETT PHC recipes

LUNCH

Salad bar

(per salad)

Choose from the following organic ingredients:

2-3 handfuls of greens

- Baby spinach
- Arugula
- Spring mix
- Chopped organic kale

10 kalamata olives

2 artichoke halves

½ Fresh tomato chopped or 4-5
cherry tomatoes

¼ Bell pepper chopped

Red cabbage (chopped, 1 handful)

1/2 -1 cup blueberries

1/2 orange chopped

2 tbs pumpkin seeds

Small handful chopped walnuts

3 chopped sun dried tomatoes

1/4 of a chicken breast/ cooked in avocado oil,
salt, chili pepper, garlic, lemon juice; after
cooking, marinate chicken in balsamic vinegar

1/4 fresh avocado

Dressing:

*1/8 cup aged balsamic vinegar mixed with 1 tbs dijon and 2 tbs extra
virgin olive oil or avocado oil; add ingredients to the salad and toss the
salad.*