

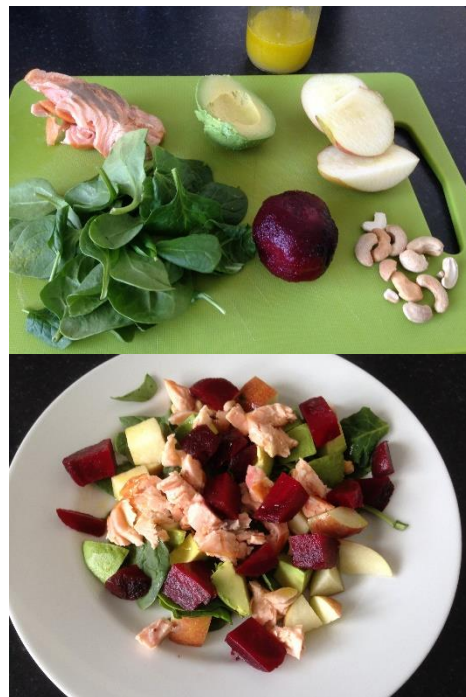
Salmon and Cashew Salad

Serves: 1

Preparation time: 20 minutes

Ingredients:

- 1 salmon fillet (2 for Men)
- ½ an avocado
- 1 apple
- 1 beetroot
- 1 portion of cashew nuts (8-10)
- 1 handful of spinach/green leaves
- 3 teaspoons of extra virgin olive oil
- 1 teaspoon white wine vinegar
- A pinch of salt and pepper



Preparation instructions:

1. Cook your salmon fillet as per the instructions (usually 180 degrees for 20 minutes).
2. Cut the avocado in half lengthways and remove 1 half from the skin. Dice.
3. Core the apple and chop into small pieces.
4. Dice the beetroot.
5. Lay all the spinach on the plate and add all the ingredients, flake the cooked salmon on top.
6. Drizzle over the olive oil and white wine vinegar.
7. Season with salt and pepper.
8. Enjoy.

Additional recommendations:

- It is highly recommended when selecting ingredients that organic be selected where possible.

Macro info per serving			
Protein	Carbs	Fat	Kcal
28g	38g	42g	588
18%	23%	59%	

Note: All data is approximate, please be aware slight deviations can occur in foods of the same type due to differences in place of origin of food, farming methods etc.

Disclaimer: Although every care has been taken in preparing the information contained in this recipe, the author does not and cannot guarantee the individual response to any food consumed. Anyone using the recipe does so at their own risk and shall be deemed to indemnify the author from any adverse reaction. The author recommends if in doubt about any ingredient consult with a licensed medical practitioner/nutritionist.

