



*Ready-to-eat. Healthy. Customized. Delivered.*

## **Greek Salad**

Handful of romaine or spring mix  
1 Green pepper, chopped  
Cucumber, half, sliced  
1/4 Red Onion, sliced  
Handful of black olives, chopped  
Handful Cherry tomatoes, chopped  
1/4 Cup, Feta  
1/2 Teaspoon Oregano  
1/8 Teaspoon Black Pepper  
Dash, Kosher Salt

## **Greek Dressing**

1/2 C Olive oil  
1/2 Tablespoon Red Wine Vinegar  
1 1/2 Tablespoon Lemon Juice  
1 Teaspoon Garlic, Minced  
1 Teaspoon Honey  
1/2 Teaspoon Oregano  
Dash of Salt

---

## **Mexican Salad**

Handful of romaine or spring mix  
1 Green pepper, chopped  
1/4 Sweet White Onion, sliced  
1/4 Avocado, chopped  
1/2 Cup Black Beans, rinsed  
1/2 Cup Corn, grilled and de-cobbed  
Handful Cherry tomatoes, chopped  
1/4 Cup Queso, crumbled  
Cilantro, to taste, chopped  
1/8 Teaspoon Black Pepper  
Dash, Kosher Salt

## **Dressing**

1/2 C Olive oil  
1/2 Tablespoon Red Wine Vinegar  
1 1/2 Tablespoon Lime Juice  
1 Teaspoon Garlic, Minced  
1 Teaspoon Honey  
Dash of Salt

\*Chop and 'soak one jalapeño in dressing. Leave.

*"Dedicated to serving our communities through whole foods that are prepared to the individuals needs as well as wellness education and outreach services."*