



SALMON BLUEBERRY SALAD

(Standard, Pescatarian & Maintenance plans)

This recipe is about as easy as it gets, and it packs a lot of flavor and satisfaction for so little effort. The lemon dressing brightens it even more, making it a perfect, light, warm-weather meal. Add other delicious ingredients in maintenance, like goat cheese or Feta cheese.

This recipe makes one serving and covers your protein, vegetable, fruit and fat for one meal.



INGREDIENTS

2 cups chopped greens or spinach

3-oz smoked, baked or grilled salmon, cut in pieces

1 cup blueberries

1/2 medium avocado (maintenance)

1/4 cup sliced almonds, pistachios or chopped walnuts (maintenance)

INSTRUCTIONS

Combine salad ingredients on a plate. This salad is great with the Genesis Lemon or Creamy Lemon Vinaigrette.