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|  | **Ingredients** | | **step** |
| **Yogurt with Fruit** | * 4 cups romaine lettuce, shredded * 1/4 cup cucumber slices * 1/4 cup tomatoes, diced * 1/4 cup celery diced * 1/2 cup avocado, cubed * 2 TBS walnut pieces * 2 oz chicken breast without skin * 2 TBS Parmesan cheese * Spicy Dressing: [Spicy Mediterranean Dressing](http://www.whfoods.com/genpage.php?tname=recipe&dbid=358) | Mix all the fruit together. Either top with yogurt or mix yogurt and fruit together. | |