

Bruschetta

Morning/afternoon tea suggestion



Ingredients:

- mini toasts
- half a chopped tomato
- thinly sliced red onion
- fresh basil
- a splash of apple cider vinegar
- seasoning

Directions:

- chop all ingredients into small pieces
- add splash of apple cider vinegar
- add seasoning
- garnish mini toasts, just prior to eating

Moroccan Chicken and Cucumber Salad

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Ingredients:

chicken:

- 100g of skinless chicken breast
- Moroccan spice
- seasoning

salad:

- 2 cups thick cut cucumber
- thinly sliced red onion
- Fresh basil
- seasoning
- splash of apple cider vinegar

Directions:

- coat chicken in Moroccan spice and seasoning
- cook in non-stick frypan until brown
- chop cucumber, onion and basil and place in bowl
- sprinkle with seasoning to taste
- add splash of apple cider vinegar
- add chicken

Crumbed Chicken and Tomato Salad

Ingredients:

- 100g of chicken breast or white fish
- grissini stick
- 2 cups sliced tomatoes
- sliced red capsicum
- fresh basil
- seasoning
- splash of apple cider vinegar

Directions:

- crush grissini stick in a plastic bag
- coat chicken egg white then dip in grissini crumbs
- place chicken in non-stick fry pan and fry until brown
- place tomatoes and onion on plate
- sprinkle with seasoning and vinegar



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Strawberry Smoothie

Ingredients:

- handful of strawberries
- 1 cup of ice cubes
- 1 tablespoon of low fat natural yoghurt (this replaces your milk allowance for the day)
- ¼ teaspoon of stevia

Directions:

- Wash strawberries and remove stalks
- place in blender
- add water, yoghurt, ice cubes, stevia
- blend until smooth
- garnish with mint to taste

*Fruit must be eaten before 12'oclock pm (This is a great breakfast option)

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