

Diet for a Pain-Free Life

Websites: www.tampamedicalgroup.com/

www.ipainfreediet.com/



simply fruit

avocado-citrus salad

Ingredients

- 3 cups mixed field greens
- 1 avocado peeled and sliced
- 2 oranges (papaya or mango) cut into segments
- 1 small red onion, slice thin
- citrus spritzer dressing

Directions

Divide the salad ingredients between two plates with field greens on the bottom, top with avocado, orange segments, red onion and citrus spritzer dressing.

Makes 2 servings

Call Ginny at TAMPA MEDICAL GROUP (879-0025 Ext. 2223) for more simply delicious recipes and if you are interested in participating in our original ***DIET FOR A PAIN-FREE LIFE.***

