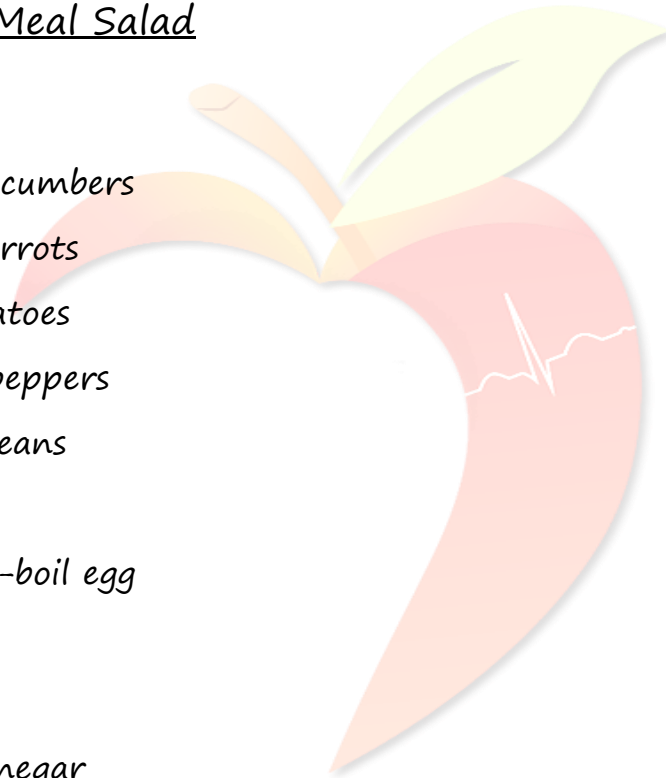


Chat N Chew

Fad Diets Season 1-2

The Complete Meal Salad

- *Spinach*
- *Chopped cucumbers*
- *Chopped carrots*
- *Grape tomatoes*
- *Sliced bell peppers*
- *Garbanzo beans*
- *Quinoa*
- *Sliced hard-boil egg*
- *Feta cheese*
- *Olive oil*
- *Balsamic vinegar*



Mix and enjoy eating all food groups in one healthy salad!

Healthy Living for Wellness of Body, Mind and Spirit

(909) 651-5540 | www.smartlifestyletv.com | P.O. Box 550, Loma Linda, CA 92354 | A Network of LLBN
Loma Linda Broadcasting Network, Inc.