



Cucumber Salad

Instructions:

Mix all the ingredients and let sit for 20 minutes.

Unlimited on the lean protein diet

Prep Time:

10 minutes

Cook Time:

n/a

Ingredients:

4 Kirby cucumbers - sliced
thinly

1 small red onion - sliced
thinly

1/4 red pepper - sliced thinly

3 TBSP. fresh lemon juice

salt, pepper, & dill to taste