



Cucumber Salsa

Instructions:

Mix all the ingredients.

Unlimited on the lean protein diet

Prep Time:

5 minutes

Cook Time:

n/a

Ingredients:

1 cup cucumber - diced

1/4 cup red onion - chopped

2 TBSP. dill leaves -
chopped

1 tsp. fresh
squeezed lime juice

salt & pepper to taste

red pepper flakes to taste -
optional