



Tomato 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 tomatoes - sliced
- 1 small red onion - chopped
- 2 cubes frozen basil
- 1/2 TBSP. red wine vinegar
- salt to taste