

THE INNATE SALAD

List of good vegetables to use (organic if possible):

Swiss chard
Kale
Broccoli
Cauliflower
Cabbage
Carrots
Celery
Beets
Parsley
Ginger (small amount)
Onion (small amount)
Garlic (small amount)

To make preparation and consumption of enough vegetables easier it is a very good idea to use a food processor. Chop the veggies into pieces about as big as your finger nail. Put the whole green leafy vegetable in stems and all. Put the entire mixture into a big container (glass is best) that you can seal and put in the fridge. If you chose you can sprinkle the mixture with some lemon or lime juice or some vitamin C powder to keep it fresh for a longer period.

Now buy a GIANT salad bowl for each person. Yes the one you used to put on the table for the whole family is now going to be an individual sized bowl!! Put some organic greens and cucumber or red, green, yellow or orange peppers and some tomato on the bottom of the bowl and then top with a large portion of the vegetable mix. Always add some sprouts and nuts if you like too. Top with some Innate Diet Vegetable Dressing or one of your choice salad dressings* (make sure you can read all the ingredients).

Innate Diet Vegetable Dressing:

1 tsp organic omega balance oil or organic flax oil
1 tsp organic extra virgin cold pressed olive oil
Organic lemon or organic (nitrate free) apple cider vinegar to taste
Organic seasoning to taste

*Bragg's apple cider vinegar has several salad dressings also.

*Marzetti's has some good ones also but be sure to read the label.