



# 60 Days to Reclaim YOUR Health

## LUSCIOUS FRUIT SALAD

From *Simple Weekly Meal Plans, Volume 1*

### Ingredients

- 1/2 cup fresh orange juice
- 1/4 cup raw honey
- 1/4 cup fresh lemon juice
- A little orange zest and lemon zest

### Directions

1. Bring the above to a boil, and then simmer for 5 minutes.
2. Remove from heat. Cool.

### Meanwhile cut up the following in a bowl:

- 2 cups pineapple chunks
- 2 bananas
- 2 cups strawberries
- 1 cup red grapes (seeds removed)
- 2 oranges
- 2 kiwi, sliced

Pour cooled dressing over fruit and mix well.

**After a workout, nothing is more refreshing than a juicy fruit salad. Use this basic recipe and add your own flair!**