

# 60 Days to Reclaim YOUR Health



## COLORFUL VEGGIE SALAD

From *Simple Weekly Meal Plans, Vol. 1*

### Ingredients

#### Salad:

- 2 carrots, chopped
- 1 cup corn
- 1/2 cup halved grape tomatoes
- 1 cup diced cucumbers
- 1/4 cup sweet onions
- 1/2 cup chopped red pepper

#### Dressing:

- 2 Tbsp flaxseed oil
- 2 tsp raw honey
- 2 Tbsp fresh lemon juice
- 1 tsp onion flakes
- 1 tsp Italian herb seasoning

### Directions

1. Mix vegetables and spoon on a bed of green leafy vegetables.
2. Top with dressing.

Some 85% of The Hallelujah Diet is raw, plant-based foods. Try this raw meal and prove to yourself that raw foods alone can be delicious and filling!