



60 Days to Reclaim YOUR Health

SANTA FE PITA:

Ingredients

Pita pocket
Vegenaise to taste
Black beans
Corn
Romaine lettuce
Purple cabbage
Onions
Any other vegetables you desire

Directions

1. Spread Vegenaise on inside of Pita pocket to taste
2. Add vegetables

STUFFED DATES

Dates stuffed with any nut or Artisana Coconut Butter (available at www.hacres.com)

How fast can you prepare a bag lunch with Paul and Ann's innovative salad box? Just watch – you'll be amazed how easy it is!