

Soulful Salad



Salad is a great option when you are craving something light, yet filling. This recipe may be simple, but I love it every time. When I cook for myself, I set aside half of the meat and have a salad for lunch the next day!

Serves 4

Total Time 20 min

Ingredients

16 oz	ground turkey or chicken
1	red leaf lettuce head (or your favorite salad mix, NO iceberg lettuce)
3 cups	blueberries (fresh or frozen)
1 cup	raw sunflower seeds
1 bag	peas (frozen)
2 tbsp	olive oil
2 tbsp	coconut oil
Pinch	sea salt to taste

Directions

1. Place 2 tbsp coconut oil into a pan on medium-low (cast iron is ideal)
2. Throw in ground meat and a pinch of sea salt
3. When meat looks close to being done, add in frozen peas
4. While meat is cooking, wash lettuce, either cut or break off small bit size sections
5. Scoop meat and peas on top of lettuce
6. Add blueberries (if fresh, please wash well)
7. Sprinkle on sunflower seeds
8. Add olive oil and sea salt to taste

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

Soul
Curiosity

www.MySoulCuriosity.com