

Spinach & Avocado Salad

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1 large avocado, seeded and sliced
Juice of 1 lime
8 oz. fresh baby spinach leaves (or 1 bag, prepared)
4 oz. cherry tomatoes, halved
4 green onions, sliced
1/2 cucumber, cut into chunks
2 oz. radishes, sliced
Parsley

Dressing:

4 oz. soft silken tofu
3 Tbsp. 1% milk
2 tsp. prepared mustard
1/2 tsp. white wine vinegar
Pinch of cayenne
Salt & freshly ground black pepper

JULY



Drizzle lime juice over the avocado slices and set aside. Wash and dry spinach leaves and place in mixing bowl.

Add the cherry tomato halves, green onion slices, cucumber chunks, and radish slices. Toss in the avocado. Garnish with extra cayenne and parsley.

To make dressing: In food processor, place tofu, milk, mustard, vinegar, and cayenne. Process for 30 seconds until smooth. Add salt and pepper to taste.

SERVES 4. Per serving: 142 calories, 9 g fat (2 g saturated fat), 6 g protein, 13 g carbohydrate, 7 g fiber, 94 mg sodium



Crunches:

Before you even get out of bed in the morning, do 10 stomach crunches while lying flat on your mattress. Increase daily by one until you get up to 100. Think you'll never get there? Try it. You may eventually have to set your clock to wake up 15 minutes earlier, a small price to pay for a flatter stomach.

Exercise Funny:

I have to walk early in the morning, before my brain figures out what I'm doing.

