



## Citrus and Fennel Salad

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| Makes 1 serving<br>(1 vegetable , 1 fruit) |
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| 2 grams protein |
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| 0 fat |
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| 90 calories |
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### Ingredients

- ½ grapefruit, cut into medium chunks or 1 orange in segments
- Fennel bulb, steamed
- 2 tablespoons lemon juice
- Mint or cilantro, chopped
- Stevia to taste

### Directions

Slice fennel bulb and cut citrus into chunks.

Combine ingredients in a bowl.

Mix well and chill.

### PHASE 3 MODIFICATIONS:

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| Drizzle with olive oil and top with pine nuts. |
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