

Cucumber Tomato Avocado Salad

Ingredients:

2 Cucumber
3 Roma Tomatoes
½ Red Onion
2 Avocados
2 TBSP Olive Oil
1 TBSP Red Wine Vinegar
¼ Cup Cilantro
½ tsp Salt
½ tsp Pepper



Instructions:

Start by chopping up your veggies to the size you want and add them to a salad bowl.

Add in the oil, vinegar, salt and pepper

Toss until veggies are all covered.

Serving Size: 1 Cup

Servings: 6

Macros includes toppings:

Net Carbs: 3

Fiber: 1

Total Carbs: 5

Protein: 1

Fat: 0

Calories: 19