



SALMON BENTO

SERVES 1

SALMON

GEORGE FOREMAN - 5 MINUTES

STEAMED BROCCOLI

PRESSURE COOKER - 2 MINUTES

YELLOW SQUASH

GEORGE FOREMAN - 3 MINUTES

SPOONFUL OF SAUERKRAUT

2 THIN SLICES GRASS-FED CHEESE

FRESH BASIL

SALT & PEPPER

DRIZZLE WITH AVOCADO OIL

SET UP BROCCOLI IN PRESSURE COOKER. MEANWHILE,
COOK SQUASH ON THE GEORGE FOREMAN FOLLOWED
BY SALMON.

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