Dr. \*\*\*\*\* Famous Cuban Salad

You'll Need:

* Lettuce, red leaf or blend, green leaf
* 3 Large Ripe Avocados, cut into 1-inch pieces
* 4 Large, Ripe Tomatoes, cut into 1-inch pieces
* 1 Medium Red Onion, halved and cut into thin slices
* 4 oz. Feta Cheese, crumbled

Garlic Lime Vinaigrette:﻿

* 1/4 cup white wine vinegar
* 1/4 cup lime juice
* 6 garlic cloves, mashed
* 1/2 cup olive oil
* Mix and shake

Arrange on a plate and

drizzle with feta and vinaigrette.

Salt & Pepper to taste

*Nice to meet you!*

I’m Dr. Awesome...

...and I’m here to help you live a healthier life through specific Chiropractic Correction, Exercises, Nutrition, and Rehabilitative Care.

Whether you have daily aches and pains…

You want to sleep and function better…

You would like to have a healthier lifestyle…

You would like to lose some excess weight…

You’ve been injured in an accident…

I am here for you. Through chiropractic, I have helped my community function better without the use of medications or surgery.

I look forward to helping you reach your physical fitness and health goals, too.

***Dr. Awesome D.C.***

Board Certified Chiropractor

PHONE NUMER HERE

Add Dr.’s Picture.

 