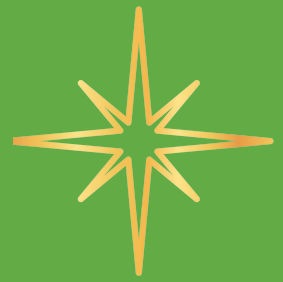


3 DAY AUTOIMMUNE TUNE UP

3 Day Autoimmune Gut Detox
Meal Plan & Meal Prep Guide



DR. MICHELLE SANDS, ND



WHO THIS IS FOR

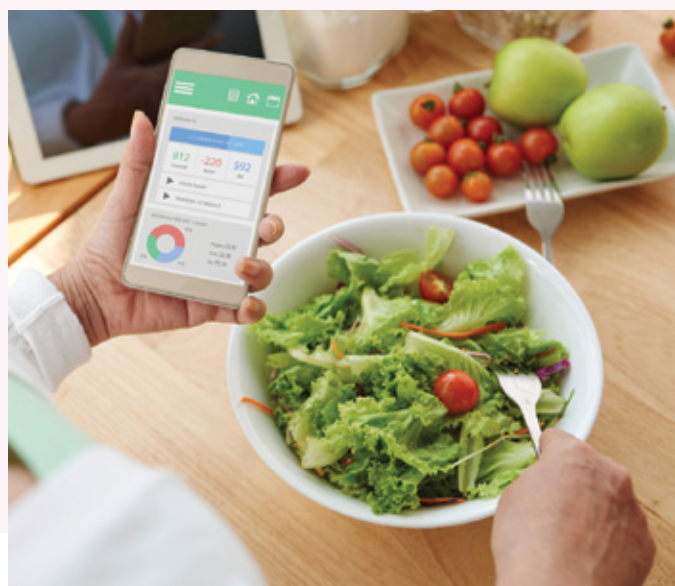
This guide is for you if you're tired of eating the same six meals each week, feeling overwhelmed in the kitchen, trying to make sense of conflicting nutrition advice, and feeling like you just don't have the time to consistently prepare healthy meals for yourself.

You're busy, but your health issues are tripping you up. It's a vicious cycle you're ready to break if you can just have the structure and have the guesswork taken out of it - you know you'd be able to thrive and meet those health goals.

Is This You?

- You've done ALL the diets.
- You've done the Dr. Google searches.
- You struggle to find the time to cook, prep, AND make beautiful, colorful tupperwares of unique recipes each week.
- You have food sensitivities and restrictions that make it challenging to even find recipes that will both work AND be efficient to fit into your busy lifestyle.

I see you, girl. I've been there.



You know when you eat well...

YOU FEEL WELL

But it's not that easy

Life gets in the way. With stress, obligations, and people needing you always, finding the time and being able to stay consistent is a real challenge that leaves you feeling defeated and like you're always "on-again-off-again".

Not to mention the money. You keep hearing that eating well doesn't have to cost a lot of money, yet every time you food shop... your eyes are bulging out of your head as you watch the bill get higher with every swipe on the scanner.

FIRST THINGS FIRST....



Before we go any further, I want you to consider all you've done to get to this point. All the effort you HAVE put in, and thank yourself for this effort.

Know that your struggles and frustrations are COMPLETELY UNDERSTANDABLE and doesn't discount all that you've worked for.

Now I want you to get real on your goals, expectations, and what it's going to take for you to get there.

You want to see

real, sustainable habits formed and to feel like you can consistently cook and eat healthy.

You're sick of

defaulting to another drastic elimination diet that only makes you restrict and binge more.

You're confused

about what your body needs and overwhelmed with conflicting messages about what to eat, how much, and when.

You know that

if you had more structure and some of this work done for you, you could ROCK THIS.

...You'd manage your symptoms. Even better, your energy and productivity would sky rocket.

...You'd find your healthy weight, have healthy digestion and hormones with better fitting PANTS and a serious glow.

....You wouldn't have to constantly cancel plans because of how crappy you feel or how scared you are to eat out.



WHY YOU'RE FRUSTRATED

YOU'RE TIRED OF DIETING & NOT KNOWING WHAT YOU CAN EAT.

Between over-using diets (even the healthy ones) and having real food allergies or sensitivities... it can be really frustrating to make decisions on your next meal. It's paralyzing and has taken the joy out of both cooking and eating. Okay, maybe you never had a joy of cooking – but eating...

YOU FEEL DEFEATED BY THE CYCLE OF BINGING AND RESTRICTING.

Finding balance and food freedom is a constant struggle. You have cravings or you want nothing at all. You have literally thought to yourself, "I can't even trust myself around food" or are just so darn scared of it all. Food is a comfort, and you're feeling the stress and pressure of it all.

YOU FEEL LIKE THERE ISN'T ENOUGH TIME IN THE DAY.

You have no time to meal plan, let alone cook all your meals for the week. Between work, errands, and family obligations... you're SPENT. And who is going to scrub those pots and wash all those dishes?

YOU ARE BORED WITH THE SAME OLD, SAME OLD ROUTINE.

It's time to breakout of your same 6 foods you keep eating over and over again so you can actually enjoy cooking and eating again. You're playing it so safe that you've forgotten that is it OKAY to have some fun and enjoy life WHILE healing...



TELL ME IF IT SOUNDS LIKE *You...*

YOU NEED STRUCTURE AND RECIPES YOU CAN RELY ON TO STAY CONSISTENT.

Without a plan, you're feeling dead in the water. You know when you eat well, you feel well. Managing symptoms with food is something you really want to be consistent with, but food intolerances and life get in the way. You do best with structure and support to take the guesswork out of your hands so you can get back to living with less worry. Preparing meals for yourself cannot be this stressful all the time.

YOUR DIGESTION ISSUES AND SYMPTOMS ARE PILING UP.

You've tried all the diets, all the supplements, and use dr. Google on the regular for this type of stuff. You can't figure out why you're constantly bloated, irregular, and have annoying hormonal symptoms. Not to mention... that mid-day crash that leaves you HANGRY for anything you can get your hands on. Here's to hoping there aren't donuts in the office kitchen, am I right? Your health and digestion seems like a game of wack a mole you just can't win and you are hoping there is a better way besides constantly restricting yourself, ultimately leading to that next binge.

Can't some balance exist for you? Does it have to be all or nothing?

YOUR EFFORTS TO EAT HEALTHY ARE DERAILED BY GOING OUT TO EAT AND TRAVELING.

It's hard to know where you can eat out and how you can possibly trust people with your food restrictions. Getting sick while you're out is not something you want, you've been there and done that. You need a real back-up plan while gaining more confidence to get back out there and enjoy going out again. Life is too short!

YOU ARE BUDGET-CONSCIOUS AND CAN'T SPEND ALL YOUR MONEY AT WHOLE FOODS EVERY WEEK.

You've got bills, you've got goals, yes eating well is important... and you're down to spend some money, but it adds up. Trying a new gourmet recipe every day isn't going to be light on your pockets.



A HEALTHY GLOW STARTS FROM THE *Inside.*



- 1** A meal plan and meal prep guide to take the stress of planning off of your plate.
- 2** Reasonable grocery lists and realistic cooking times for you to keep this up each week, building up confidence in the kitchen
- 3** TO ENJOY YOUR LIFE without getting sick, feeling exhausted and hangry.
- 4** To be on your way to food freedom, managing stress and food fear with simple but powerful mindful eating practices.

THE STAKES ARE HIGH...

Not addressing these issues head on means you will continue to...

PUT YOUR LIFE ON HOLD

You know you can't go on like this. You have serious symptoms and health goals and you don't have anymore time to waste. Whether it's wanting to get your health in order to be able to show up more at work, in life, in social occasions, or so you can start a relationship/family... this food fear and lack of control is majorly tripping you up and is all you can think about.

KILL YOUR RELATIONSHIP WITH FOOD

You feel that relationship dwindling, swinging back and forth... and are concerned about disordered eating. The food fear, over-dieting, and self-sabotage is taking over your life and you can't have it getting any worse.

KEEP THE SYMPTOMS AND HEALTH ISSUES PILING ON

Calling out sick, napping all weekend, crashing mid-day everyday, and dealing with your constant symptoms has become a part-time job and a constant anxiety. Nobody gets it, what you're going through, and how crappy you feel. You can't continue like this.

KEEP YOU FEELING DEFEATED & ISOLATED

Your social life is suffering, your overall happiness, and relationship with your own body is getting worse. Shopping for new clothes, traveling, eating out, and doing all the things you used to enjoy are just not a thing anymore and it needs to be turned around.



3 DAY AUTOIMMUNE TUNE UP

Meal Plan



You need to get back to living life and stop worrying about food so much.



If you're ready to get serious about long-lasting healthy habits, I'M GLAD YOU'RE HERE.

I invite you to take your health and your enjoyment of life to the next level with my free course, Natural Healing Made Simple

In this series you will dive deep into all aspects of healing your autoimmune disease and restoring your body back to optimal function.

We will address the root cause

We will learn to identify and remove triggers

We will understand how to heal and seal leaky gut

We will lay out how to nourish and support the body through:

- Targeted nutrition
- Individualized supplementation
- Rest and Recovery- daily practices to optimize sleep and plan recovery into your day
- Mindset and Meditation- daily practices to live more mindfully and to harness to art of meditation to turn on your innate healing power
- Emotional, Physical and Biological Stress Reduction

[Click here for FREE Access to the 4 part series](#)

Hey there!

I'm Dr. Michelle Sands! While these days I am known for helping women and their families understand their bodies and their conditions so that they can reverse and prevent chronic disease and unlock their happy, healthy, vibrant glow within them, it wasn't that long ago that I was fighting for my own health.

I was right where you are today, and I know it is hard. This is why I am committed to making things simple and doable for all the busy women out there.

I hope you enjoy this 3 day plan, and I invite you to continue your journey with my free mini course: Natural Healing Made Simple. In this 4 part series, I share how to take a Naturopathic approach to healing and uncover, once and for all, what is causing your symptoms AND how to choose the remedies that actually work for your body.

[Click here for complimentary and INSTANT access to Natural Healing Made Simple.](#)



I'm **DR. MICHELLE SANDS, ND**

— a Naturopathic physician specializing in women's health, hormones, and genetics.

After 10 years of clinical practice and learning from the brightest minds in functional medicine, I've learned a ton about the physiological challenges and unique pressures that women contend with every day. The truth is, our modern world can wreak havoc on our hormones – unless we make a conscious decision to defend them.

Here's what I know for sure: when it comes to our health, we don't need more choices – we need clarity. Don't get me wrong, I LOVE the internet – it's great for shopping, streaming Netflix, and connecting with friends and family – but it's a very confusing place to get health information. Do this... Don't do that – with all the conflicting info, it is enough to make anyone throw in the towel.

I'm here to offer clarity and simplicity. A Meal Plan that will ignite your energy, mood, sex drive & metabolism.

Armed with this information you can change your body, your mind, and your view of the world.

My goal is to keep you feeling Happy, Healthy and Hot — at any age.



GLOW AUTOIMMUNE GUT DETOX *3 Day Plan*

3 DAYS



	Monday	Tuesday	Wednesday
Breakfast	Pork Belly Cauliflower Fried Rice	Glowing Green Detox Smoothie	Great Mornings Beef Hash
Snack 1	Tropical Greens Smoothie	Mixed Summer Fruit Salad	Turkey Kale Wraps
Lunch	Chicken and Bok Choy Stir Fry	Steak and Arugula Salad	Turmeric Turkey, Zucchini & Sweet Potato
Snack 2	Mixed Summer Fruit Salad	Immunity Boosting Bone Broth	Veggie Veggie Dip
Dinner	Steak and Arugula Salad	Lemon Chicken	Mediterranean Salmon Salad

GLOW AUTOIMMUNE GUT DETOX *3 Day Plan*

63 ITEMS

Fruits

- 1/2 Banana
- 1/2 cup Blueberries
- 1/2 cup Cherries
- 1/2 Cucumber
- 1/2 Green Apple
- 4 slices Lemon
- 5 Lemon
- 1/3 cup Lemon Juice
- 1 Nectarine
- 1 Peach
- 1/2 cup Tropical Fruit

Seeds, Nuts & Spices

- 3/4 tsp Cinnamon
- 3 tbsps Dried Chives
- 1 tsp Ground Ginger
- 1 tsp Oregano
- 1 tbsp Sea Salt
- 0 Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tbsps Turmeric

Vegetables

- 5 ozs Arugula
- 4 cups Baby Spinach
- 10 Bok Choy
- 1 Carrot
- 2 heads Cauliflower
- 5 1/2 stalks Celery
- 1/3 cup Cilantro
- 1/4 Cucumber
- 15 cloves Garlic
- 3 Garlic
- 4 Green Onion
- 3/4 cup Kale Leaves
- 1 bunch Kale Leaves
- 1 cup Kale Or Spinach
- 1 tsp Mint Leaves
- 3 sprigs Mint Leaves
- 1 1/8 cups Parsley
- 2 tbsps Radishes
- 2 cups Shiitake Mushrooms
- 1 handful Spinach
- 2 media Sweet Potato
- 2 Sweet Potato
- 1 tsp Thyme
- 1 small Yellow Onion
- 2 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 can Canned Wild Salmon

Bread, Fish, Meat & Cheese

- 2 1/2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 1 lb Ground Beef
- 1/3 cup Hummus
- 1 lb Pork Belly
- 4 1/4 ozs Sliced Turkey Breast
- 12 ozs Top Sirloin Steak
- 1 Whole Chicken Carcass

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 1 tbsp Capers
- 3 tbsps Coconut Aminos
- 1 1/2 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 6 Pitted Kalamata Olives

Other

- 1 cup Coconut Water
- 7 3/4 cups Water



PORK BELLY CAULIFLOWER FRIED RICE

5 ingredients · 20 minutes · 4 servings



Ingredients

1 lb Pork Belly (strips)
 1 tsp Sea Salt (divided)
 1 head Cauliflower (finely chopped or grated)
 1 stalk Celery (sliced)
 3 tbsps Dried Chives

Directions

1. Bring a pot of water to a boil. Blanch the pork belly in the boiling water skin side down for 10 minutes, flipping halfway.
2. Set the pork belly on a plate. Using a fork, pierce the pork belly skin and pat dry. Season with half the salt.
3. Heat a pan or skillet over medium heat and cook the pork belly strips for 5 minutes on each side, or until cooked through and browned. Transfer to a cutting board and chop into pieces.
4. Using the same pan or skillet, cook the cauliflower and celery over medium-high heat for 3 to 5 minutes or until warmed through. Add the chopped pork belly and season with the remaining salt and chives.
5. Divide into bowls. Enjoy!

Notes

No Cauliflower

Use white rice, brown rice, couscous, quinoa, barley or rice noodles instead.

No Pork Belly

Use bacon or ground pork instead.

Make It Vegan

Use tempeh, tofu, vegan bacon or vegan sausage instead of pork belly.

Leftovers

Refrigerate in an airtight container up to 3 days.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

GLOWING GREEN DETOX SMOOTHIE

8 ingredients · 10 minutes · 1 serving



Ingredients

- 1/2 Green Apple (cored, peeled)
- 1 Lemon (juice from)
- 1 cup Kale Or Spinach
- 2 stalks Celery
- 1/2 Cucumber (peeled and seeded)
- 1/3 cup Cilantro
- 1/4 tsp Cinnamon (ground)
- 1 1/2 cups Water (filtered)

Directions

1. Add all ingredients to blender, blend well, serve over ice. If desired, you may blend ice into drink.

GREAT MORNINGS BEEF HASH

11 ingredients · 30 minutes · 4 servings



Ingredients

- 1 tbsp Coconut Oil
- 1 small Yellow Onion (chopped)
- 2 cloves Garlic (minced)
- 1/2 tsp Cinnamon
- 1 tsp Ground Ginger
- 1 tsp Turmeric
- 1/2 tsp Sea Salt
- 1 lb Ground Beef
(grass-fed preferably)
- 2 media Sweet Potato (peeled,
cut into bite-sized cubes)
- 1 bunch Kale Leaves (chopped)
- 1 tbsp Lemon Juice (fresh)

Directions

1. In cast iron skillet, heat coconut oil over medium heat. Add onions and cook until softened and becoming translucent. About 5 minutes.
2. Stir in garlic, cinnamon, ginger, turmeric, and salt. Cook until fragrant, about 1 minute. Immediately add ground beef. Break up beef as it cooks with a wooden spoon and stir as needed.
3. When beef is just barely cooked through, add sweet potatoes and cook, continuing to stir frequently until potatoes are softened. About 5-7 minutes.
4. Stir in kale and allow to cook until wilted and softened. About 3 minutes. Check sweet potatoes for doneness. Cook until desired doneness is reached.
5. Stir in lemon juice. Taste and add more salt if desired.

TROPICAL GREENS SMOOTHIE

5 ingredients · 10 minutes · 1 serving



Ingredients

- 1 cup Coconut Water (may use filtered water instead)
- 1 handful Spinach
- 1/2 Banana
- 1/2 cup Tropical Fruit (can use fresh or frozen, mango and pineapple)
- 3 sprigs Mint Leaves

Directions

1. Blend and enjoy!

TURKEY KALE WRAPS

4 ingredients · 10 minutes · 1 serving



Ingredients

3/4 cup Kale Leaves
(whole, lacinato, washed)
1/3 cup Hummus
4 1/4 ozs Sliced Turkey Breast
2 tbsps Radishes (thinly sliced)

Directions

1. Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
2. Roll the leaves into a wrap. Enjoy!

Notes

No Kale

Use another large leafy green such as collard or lettuce.

No Turkey

Use sliced chicken breast instead.

Leftovers

Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

No Hummus

Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

More Flavor

Sprinkle with sea salt, black pepper, paprika or your favorite spices.

CHICKEN AND BOK CHOY STIR FRY

9 ingredients · 35 minutes · 4 servings



Ingredients

2 tbsps Extra Virgin Olive Oil
4 cloves Garlic (chopped)
1 lb Chicken Thighs (boneless and skinless, cut into 1/2 inch slices)
2 cups Shiitake Mushrooms (stems removed, sliced)
10 Bok Choy (ends trimmed off)
4 Green Onion (sliced)
3 tbsps Coconut Aminos
1/2 tsp Turmeric
Sea Salt (to taste)

Directions

1. Combine the coconut aminos and the turmeric in a small bowl and set aside.
2. Heat a skillet over medium-high heat. Add the olive oil.
3. Once the oil is hot, add the chicken. Sprinkle about a 1/4 tsp. of salt over the chicken.
4. Cook the chicken, stirring occasionally, until cooked. About 5-8 minutes.
5. Remove the chicken from the pan and set aside.
6. Add the garlic to the pan, and cook for about 30 seconds. Add mushrooms and onions to the pan. Stir occasionally until mushrooms and onions are cooked. Immediately add the bok choy and toss to combine.
7. Cook the bok choy, tossing occasionally, for about 1 minute.
8. Add the coconut aminos mixture to the pan and toss to coat the veggies. Place the chicken back into the pan and toss everything to combine.
9. Add salt to taste. Serve and enjoy!

TURMERIC TURKEY, ZUCCHINI & SWEET POTATO

8 ingredients · 35 minutes · 4 servings



Ingredients

2 Sweet Potato (medium, sliced into rounds)
 1 tbsp Extra Virgin Olive Oil (divided)
 2 Zucchini (medium, sliced into sticks)
 1 1/2 tsps Coconut Oil
 1 lb Extra Lean Ground Turkey
 1/2 tsp Sea Salt
 2 tsps Turmeric
 1/4 cup Water

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days. Reheat in a skillet or the microwave.

No Ground Turkey

Use any type of ground meat instead.

Vegan & Vegetarian

Use lentils instead of ground meat.

Directions

1. Preheat the oven to 425°F (218°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato rounds in half of the olive oil. Toss the zucchini sticks in the other half. Spread the sweet potato rounds across the baking sheet and bake for 15 minutes.
3. At the 15 minute mark, remove the sweet potato from the oven, flip, and move to one side of the sheet. Put the zucchini sticks on the other side of the baking sheet and bake for an additional 15 minutes, or until sweet potato is crispy and zucchini is tender.
4. Meanwhile, heat the coconut oil in a skillet over medium heat. Add the ground turkey, breaking it up as it cooks. Once it is cooked through, add the sea salt, turmeric and water and mix well. Turn off the heat.
5. Remove the sweet potato and zucchini from the oven. Season with any spices you'd like to taste. Divide between plates or containers along with the turmeric turkey. Enjoy!

No Zucchini

Use green beans instead.

MIXED SUMMER FRUIT SALAD

6 ingredients · 10 minutes · 2 servings



Ingredients

- 1 Peach (chopped)
- 1 Nectarine (chopped)
- 1/2 cup Cherries (pits and stems removed)
- 1/2 cup Blueberries
- 1 Lemon (zest and juice of)
- 1 tsp Mint Leaves (chopped)

Directions

1. Mix all ingredients in a bowl. Serve and enjoy!

IMMUNITY BOOSTING BONE BROTH

9 ingredients · 12 hours · 4 servings



Ingredients

1 Whole Chicken Carcass
(about 2 lbs of bones)
1 Carrot (peeled and chopped)
1 Yellow Onion (diced)
2 stalks Celery (chopped)
3 Garlic (cloves, halved)
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt
1 cup Parsley (chopped)
6 cups Water

Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP

Omit garlic and onions.

VEGGIE VEGGIE DIP

5 ingredients · 45 minutes · 6 servings



Ingredients

1 head Cauliflower (cut into florets)
1/3 cup Avocado Oil (divided)
6 cloves Garlic (unpeeled)
1/4 cup Lemon Juice
Sea Salt & Black Pepper (to taste)

Directions

1. Preheat the oven to 400 degrees F.
2. Place cauliflower florets in a bowl and toss with 3 tablespoons of avocado oil.
3. Spread them out on a greased baking tray.
4. Take the garlic cloves (unpeeled) and place securely inside a small foil packet where no air can escape. Place onto the same tray.
5. Roast in the oven for 30 minutes, tossing the cauliflower after 15 minutes to ensure even roasting.
6. Remove the roasted cauliflower florets (they should be completely softened in the oven) and put into a blender or food processor.
7. Carefully open the garlic foil parcel and squeeze the roasted flesh from the skins into the same processor. Add the lemon juice and the additional tablespoon of avocado oil and pulse the mixture to a smooth puree. Season with salt to taste.
8. Serve the roasted cauliflower dip with fresh cut up veggies, such as carrot sticks, celery sticks or cucumber.

STEAK AND ARUGULA SALAD

5 ingredients · 30 minutes · 2 servings



Ingredients

12 ozs Top Sirloin Steak
5 ozs Arugula
1 Lemon
1 tbsp Extra Virgin Olive Oil
Sea Salt (to taste)

Directions

1. Preheat oven to 375 degrees F. Sprinkle both sides of the steak liberally with salt. Let come to room temperature while the oven heats.
2. Heat large, oven-proof skillet over medium-high heat for 5 minutes. Add steaks to dry pan and sear for 2 minutes per side.
3. Put the skillet in the oven and cook for 5-7 more minutes for medium rare. For a rare steak, cook it less to time to 128 degrees; for a medium steak, cook it a little longer to 145 degrees. Cooking steaks to well done is not recommended as you will lose flavor.
4. When the steak is cooked to desired doneness, set it in a warm place to rest for 5-10 minutes. This allows the juice to settle back into the meat.
5. While the steak rests, place arugula in a large bowl, drizzle with olive oil and the juice of 1/2 a lemon. Sprinkle liberally with salt and toss to blend. Divide between 2 plates.
6. Cut the steak into bite-sized pieces, diagonally across the grain. Scatter the steak pieces on top of the 2 plates of arugula. Pour steak juices from the cutting board (if any) on top of the salads.

LEMON CHICKEN

9 ingredients · 1 hour · 4 servings



Ingredients

1 1/2 lbs Chicken Thighs (boneless)
1/3 cup Extra Virgin Olive Oil
1 tbsp Extra Virgin Olive Oil
1 1/2 Lemon (juiced)
1 Yellow Onion (chopped)
3 cloves Garlic (minced)
2 tbsps Parsley (chopped)
1 tsp Thyme
1 tsp Oregano
Sea Salt & Black Pepper (to taste)
4 slices Lemon

Directions

1. Preheat oven to 375 degrees F.
2. Lightly drizzle olive oil in a glass baking dish and add chicken thighs. Set aside.
3. In a large bowl mix together olive oil, lemon juice, onion, garlic, parsley, thyme and oregano until well combined. Pour onion mixture over chicken thighs and toss to coat.
4. Place lemon slices around the chicken and season with salt and pepper.
5. Place chicken in the oven and bake for 30-40 minutes or until cooked through the center.
6. Remove from the oven, cover and allow to sit for 5 minutes before serving.

MEDITERRANEAN SALMON SALAD

9 ingredients · 15 minutes · 2 servings



Ingredients

- 1 can Canned Wild Salmon (sustainably caught)
- 1/2 stalk Celery (diced)
- 1/4 Cucumber (diced)
- 1 tbsp Capers
- 6 Pitted Kalamata Olives (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juice of)
- Sea Salt (to taste)
- 4 cups Baby Spinach

Directions

1. Mix all the ingredients together and serve in a lettuce wrap or on a bed of dark, leafy greens.