



This is a super easy gluten-free lunch or dinner.

Begin with 2 cups of shredded lettuce and then layer with some of your favorite toppings!

TOPPING SUGGESTIONS:

¼ cup cooked ground beef, seasoned with salt, pepper, garlic powder and onion salt.

Tomatoes, diced

Onion, finely chopped

Dill pickles, chopped

Jalapenos, chopped (optional)

Feel free to add any other vegetables you'd like.

DRESSING: You can just layer these on top, no need to mix them.

2 Tbsp Mayonnaise

Mustard

OPTIONAL TOPPINGS:

Sugar-free or no sugar added ketchup

Sugar-free or no sugar added relish

Dairy Free shredded cheese (I recommend the Daiya brand)

Layer and enjoy!

the SOULFUL JOURNEY

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