



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:	321
CALORIES	26 G
PROTEIN	27 G
CARBOHYDRATE	13 G
TOTAL FAT	30 MINUTES
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PREP TIME:	
COOK TIME:	4 SERVINGS
	2 CUPS
YIELD:	
SERVING SIZE:	

INGREDIENTS:

1/4 C	WATER
	PLAIN FAT-FREE GREEK YOGURT
1 TBSP	OLIVE OIL
1 TBSP	CURRY POWDER
1 TSP	HONEY
1 TSP	KOSHER SALT
1/4 TSP	
1/4 TSP	FRESHLY GROUND BLACK PEPPER
5 C	LOOSELY PACKED BABY SPINACH
2 C	CHOPPED COOKED SKINLESS TURKEY (LIGHT AND DARK MEAT)
1/2 C	GOLDEN RAISINS
1/2 C	COARSELY CHOPPED ROASTED, SALTED CASHEWS
1/2 C	THINLY SLICED RED ONION



CURRIED TURKEY CASHEW SPINACH SALAD

- 01 Combine the first 7 ingredients in a large bowl; stir with a whisk.
- 02 Add spinach and remaining ingredients, toss well to combine

