



Challenge Day 8

Chew's Challenge



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Scrumptious Spinach Salad

Ingredients

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|------------------------------|---------------------------------|
| 4 cups loosely fresh spinach | 1 Tbsp Olive Olive |
| 1/2 cup grated carrots | 1/4 cup fresh lemon juice |
| 1/2 cup olives | 1 Tbsp nutritional yeast flakes |
| 2 Tbsp sesame seeds | 1/4 tsp garlic salt |
| 1 Tbsp fresh parsley | |



Crispy Chicken and Vegetables Kabobs

Ingredients

FLAVORING FOR VEGETABLES AND TOFU

- 1 cup whole mushrooms
- 1 cup bite size cauliflower
- 1 cup squash
- 1 cup frozen, thawed, cubed tofu
- Sprinkle evenly garlic powder
- Sprinkle evenly onion powder
- Sprinkle evenly salt
- Squirt evenly braggs liquid aminos

BREADING

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|--------------------|---------------------------------|
| 1 cup corn flakes | 1 tsp cornstarch |
| 1 cup flour | 1 tsp baking powder |
| 1 cup bread crumbs | 1/4 cup chicken style seasoning |

