

Lunch

Blue Cheese and Caesar Salad

Ingredients:

Soft blue vein cheese

(first week: 390g cheese= 43g protein), 210g = 30g, 180g = 20g.

1.1/2 tbs.	white vine vinegar or fresh lemon juice
1 tbs.	warm water (more if needed)
1/2 tsp.	cracked black pepper
1 tsp.	Olive oil
1 cup	Caesar salad mixture
	water cress for garnishing

Method:

- Place cheese in a bowl and mash with a fork
- Add the vinegar, warm water, oil and pepper and mix well until liquid like
- Pour dressing over Caesar salad mixture
- Garnish with sprinkling of water cress