

## Lunch

### Calamari and Salad

#### Ingredients:

Fresh Calamari, cut into rings or pieces

(first week: 280g calamari = 43g protein), 195g = 30g, 130g = 20g.

3 tsp.	Apple cider vinegar and Olive oil mixture
1 tsp.	grainy mustard
1 tsp.	Dijon mustard
½ tsp.	garlic, crushed
	sprinkling cracked pepper
	garlic salt
	freshly chopped dill
1 cup	mixture: lettuce, capsicum and cucumber, finely sliced

#### Method:

- Preheat griller on low heat
- Lightly sprinkle garlic salt over Calamari rings and then place under griller
- Grill until cooked and golden brown (both sides)
- Put aside to cool
- Combine and mix well, vinegar/oil mix, mustards, garlic and pepper
- Prepare salad bed and arrange Calamari on top
- Pour salad dressing over and garnish with freshly chopped dill