



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

## WEEKLY RECIPE

### The Burger!



Being on the Ideal Protein weight loss program does not mean you have to give up your burger! Grill or sear up your favorite burger, lamb, sirloin, turkey or chicken and wrap it along with your favorite toppings -red onion, grilled mushrooms, dill pickle, (tomato if you've been given the "green light") and your choice of Walden farms dressing. To keep it together and less of a mess, wrap it in parchment paper. Enjoy!



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### Kale Chips

Pre-heat oven to 250 degrees  
Rinse kale and pat dry  
Cut the rib out  
Lightly coat with olive oil in a mixing bowl  
Arrange on baking sheet

Season with any of the following: sea salt, pepper, paprika, garlic, ginger, cayenne pepper, Braggs liquid amino (add after olive oil while in mixing bowl)

Bake for 30 minutes  
(keep in mind that kale has 3.7 carbs/0.5 cup)



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