

## Ingredients:

1 Cup Tomato diced  
1 Cup Red pepper diced  
1 Cup Cucumber diced  
1/4 Cup Red onion finely  
diced  
1/4 Cup Cilantro minced  
2 tsp. Lemon juice  
1 Jalapeno pepper minced  
2 tsp. Ideal Salt

## Ideal Protein approved Salsa

## Directions:

1. Mix all ingredients together.
2. Refrigerate at least 2 hours to allow all flavors to combine.
3. Serve with Ideal Protein Nacho, Sweet Chili, or Ranch Dorados.

