

Mango Strawberry Arugula Salad



10 min



2 servings



PER SERVING
228 CAL
FAT: 11.5g
CARB: 32.5g
PROTEIN: 4.6g

INGREDIENTS

- 6 cups Arugula
- 1 Mango, sliced
- 1 cup Strawberries, sliced
- 1 Avocado, sliced
- ½ medium Onion, thinly sliced

DIRECTIONS

1. Place arugula in bowl. Top with sliced mango, sliced strawberries, sliced avocado and thin sliced red onion.



EAT THIS MUCH