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Spinach, Bacon, and Avocado Salad

Prep time: 5 min. Cook time: 10 min.

Serving size: 1 salad

Recipe yields 1 serving

Ingredients

3 oz. turkey bacon, sliced

2 cups spinach leaves

1/2 avocado

1 tbsp lemon juice

Directions

1. In a skillet, cook the turkey bacon until crispy.
2. Remove the avocado from its skin and cut it into 1/4-inch slices.
3. Mix the lemon juice, spinach, and avocado with your hands until the avocado is mashed in with the spinach. Toss in the bacon and serve.