

**Spinach Salad with Grapefruit** (Without the almonds, good on all days. With the almonds good on days 1, 2, 3, 9, 10)

This is a very inexact recipe.

**1 package of baby spinach**

**1 grapefruit**

**1 avocado, peeled and diced**

**¼ cup sliced almonds**

**1 clove garlic, minced**

**Extra-virgin olive oil**

**Sea salt and freshly ground black pepper.**

1. Wash and dry your spinach, place in a large bowl.
2. Cut away the skin of the grapefruit and supreme the grapefruit (video on how to do it: <http://chefinyou.com/2010/01/how-to-supreme-fruits/>). Do this over a bowl so you can capture the juice. Squeeze the membrane to extract the juice left behind.
3. To the grapefruit juice add minced garlic, pinch salt and black pepper. Whisk in 2 to 3x the amount of olive oil as you had juice.
4. Add grapefruit supremes and avocado to spinach. Toss with dressing. Top with almonds. Serve.