

Popcorn salad

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Category: Regular meal for chimps

Total Carbs: 161 grams

Total Fats: 103

Total Sugar: 99

Makes: 118 oz/ 14.75 cups

Serve in: Cups

Prep Time: 30 minutes

Ingredients:

- 3 cups of green leaf lettuce
- 2 cups of popcorn
- 3.75 cups canned salmon
- 4 cups mango
- 2 cups of avocados

Directions:

1. Wash and cut lettuce
2. Pop popcorn in air popper
3. Open canned salmon and add to bowl
4. Peel mangos and chop
5. Prepare avocados
6. Add all ingredients in to bowl mix thoroughly
7. Serve in cups

