



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Tomato and Cannabis Leaf Salad
Light Side & Phytonutrient Variety

www.consciousrewire.com

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What This Supports

Supports light digestion, healthy fats, and vegetable variety.

Why It Works

Tomatoes and leafy greens provide hydration and phytonutrients, while olive oil supports nutrient absorption.

Ingredients

Tomato Salad

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tomato

/4 cup cannabis leaves - left whole

-2 tbsp feta cheese

tbsp olive oil - expeller pressed

tsp balsamic vinegar

tsp chopped green onion

Tip of red Thai chili, chopped finely (optional)

/2 tsp flaked salt

Cracked black pepper

Directions

Top with oil, vinegar, salt, and pepper and stir.

Best Use

Use as a fresh side dish in warm seasons.

Food Notes & Safety

Use food-grade cannabis leaves only where legal; substitute arugula if needed.

Storage

Consume fresh or refrigerate up to one day.