
Nori wrap versus lettuce wrap-im new

Posted by goldiezanoni - 2008/06/24 20:11

hi,
im new, just finished a 33 day colon cleanse (master cleanse) 4 days ago
im hoping to start raw foods 2mro
i m totally new to raw foods diets/lifestyles

so i plan on using the site ALOT
i used www.mastercleanser.com/forum for my cleanse if anyone is interested in trying it- i haighly recommend it

so
im wondering which is better a have lettuce wrap filled with avocade/tomatoes, or nori wrap (dried seaweed,used to wrap sushi often) filled with avocadeo/tomatoes etc?

i image nori has salt in it that i might wann avoid
can any one help me on this one

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