Chicken Avocado Salad



🕓 Ready in 15 minutes



Meal Type: LUNCH

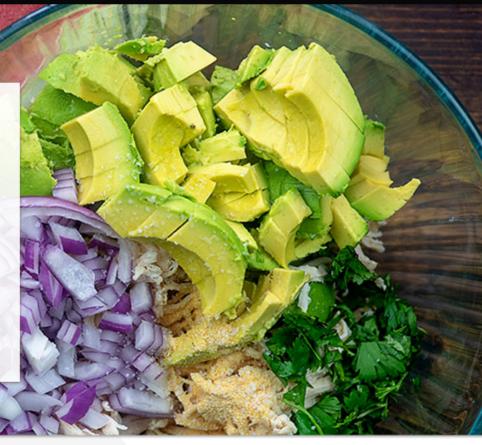
Preparation Difficulty:

EASY

Program Phase: ALL PHASES

Preparation Time:

PREP: 15 minutes COOK: 0 minutes (if already cooked chicken)



INGREDIENTS (2-3 SERVINGS):

12 oz shredded chicken

1 avocado (make sure it's very ripe!)

1/4 large red onion, diced

1/2-3/4 cup diced tomatoes, any kind

1/2 of a lime, juiced

2 tbsp cilantro

1/2-1 tsp sea salt

1/2 tsp black pepper

2-3 cups greens of choice (1 c per serving. Feel free to mix and match: spinach, kale, lettuce, swiss chard, cabbage, collards)

- 1. In a small bowl, mash avocado with a fork.
- In a large bowl combine all ingredients except for greens and mix together well.
- 3. Top mix over a bed of greens and enjoy! Store remaining salad in the fridge for up to 3 days.



TIP: IF ATTENDING OR HOSTING A PARTY. TAKE THE ENTIRE BOWL, MINUS THE GREENS, TO USE AS AN APPETIZER/DIP FOR GUESTS!