


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.
2. 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!

#EATGOODFEELGOOD