



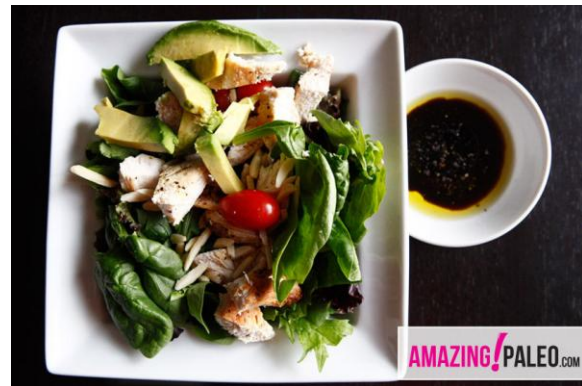
Grilled Chicken Salad

Ingredients For Chicken

- 6 chicken breasts
- Lemon pepper to taste
- Sea salt to taste

Directions

1. Set oven to broil and arrange rack so baking pan is close to heat.
2. Cover baking pan with aluminum foil and set aside.
3. Season both sides of chicken breasts with a bit of sea salt and generous amounts of lemon pepper.
4. Place chicken breasts in the middle of the baking pan and broils for 12-13 minutes on each side.
5. Remove from oven and cut into slices or chunks.



Ingredients For Salad

- 1 cup greens
- 5 cherry tomatoes
- 1/4 avocado
- 1/4 bell pepper
- 1 tablespoon slivered almonds
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar Sea salt and ground black pepper to taste

Directions

1. Place cup of greens in a salad bowl and top with the rest of the vegetables.
2. Add slivered almonds, and 1/2 sliced chicken breast to salad.
3. Top with olive oil, vinegar, sea salt, and pepper.

Calories: 388.8

Proteins: 26.95 g

Carbohydrates: 16.55 g

Fats: 24.5 g

* Calories and macros are calculated for 1 serving. Chicken recipe makes 6 servings