

PICKLE, PEPPER, & CHICKEN SALAD

Pile on as many crunchy veggies as you can handle. Their high water content will keep you full without adding calories.



INGREDIENTS

- 150g Iceberg Lettuce
- 150g Chicken Breast
- 50g Cucumber
- 50g Green Bell Pepper
- 50g Pickles (*I use Claussen Sandwich Slices, Hearty Garlic Deli Style.*)
- 2 Tbsp Calorie-Free Dressing (*I use Walden Farms Calorie-Free Caesar Dressing.*)

INSTRUCTIONS

- Step 1 ///**
Tear lettuce into bite-size pieces.
- Step 2 ///**
Cut chicken and cucumber, bell pepper, and pickles into bite-size pieces.
- Step 3 ///**
Combine all ingredients in one bowl.

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
CHICKEN BREAST, BONELESS/SKINLESS	150	34.8	0	1.2	150
ICEBERG LETTUCE	150	1.2	4.2	0.6	27
CUCUMBER WITH SKIN	50	0.2	1.0	0.2	7
PEPPERS SWEET GREEN	50	0.4	2.4	0.2	13
PICKLES	50	0	1.8	0	7
CALORIE-FREE DRESSING	2	0	0	0	0
▶ TOTAL		37.0	9.0	2.0	204