



Power Lunch

Ingredients:

1 cup spinach
4 oz grilled chicken breast, sliced
1 tbsp parmesan cheese
1 tbsp low-fat Caesar salad mixed with 1 tbsp olive oil

Directions:

Spinach already comes in individual leaves, so you don't have to worry about ripping it apart in the morning when you're pressed for time.

Grill some chicken over the weekend and freeze it to increase the simplicity of preparing a lunchtime salad.

Add chicken to the spinach before going to work. In a separate container, mix the low-fat Caesar salad dressing with olive oil.