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Almond & Walnut Chicken

Ingredients

- 4oz. Chicken Breast
- 1/4 cup of sliced almonds
- 1 tbsp of Wishbone Lite Raspberry Walnut Vinaigrette!

Directions

1. Cook one 4oz. Chicken Breast in any way desired (besides frying).
2. Add 1/4 cup of sliced almonds and 1 tablespoon of Wishbone Lite Raspberry Walnut Vinaigrette!!

Vanilla Lemonfish

Ingredients

- Whitefish Fillet
- 1 tsp of vanilla extract
- lemon juice

Directions

1. Prepare one Whitefish Fillet any way you please and after cooking is finished simply add a teaspoon of vanilla extract.
2. Squeeze lemon juice from half of a lemon onto the fillet.

Grape Turkey

Ingredients

- 4 slices of lean turkey
- 1/2 cup of grapes

Directions

1. Simply add 4 slices of lean turkey with a half-cup of grapes.