

Quick Chicken Salad



INGREDIENTS

MAIN DISH | MAKES 4 servings

- 1 lb of Chicken
- 2 tablespoons Greek Yogurt
- 2 teaspoons Dijon Mustard
- 1 teaspoon Honey
- Pinch of Salt + Pepper

OPTIONAL ADD INS |

2-3 tablespoons of each

- Cucumber, diced
- Grapes, quartered
- Green Onion, diced
- Red Onion, diced
- Dried Cranberries
- Slivered Almonds
- Walnuts
- Apple, diced
- Avocado
- Lime Juice
- Celery, diced
- Spinach, finely chopped
- Broccoli, chopped

INSTRUCTIONS

- Boil chicken (20 minutes) or cook with a little chicken stock in a crockpot (3-4 hours on low) until cooked
- Shred chicken :: You should have about 2 cups of chicken
- Choose a flavor profile for you chicken. I like sweet so I add in grapes or dried cranberries, nuts, celery, and apple.
- Do you want it to be sweet & fruity or savory?
- Choose your adds ins & mix them in.
- You can trade out the Greek Yogurt, Mustard, & Honey for an Avocado, but just be sure you eat it immediately so it will not brown.

SERVING IDEAS

- On a bed of spinach
- On a slice of sprouted grain toast
- With a serving of whole grain crackers
- On cucumber slices
- On an apple slice
- Grab a fork & dive in

10 DAY CLEANSE | 24 DAY CHALLENGE

This would make a great protein option for the cleanse or max phase. Be sure to pair it with at least 1 cup of fruits & veggies. This could be raw fruits or veggies as a side, eating it over a bed of spinach, or with some roasted veggies.

KIDS

My kids happily share my chicken salad. They tend to like it with wheat crackers or on top of a slice of apple.