

RECIPE

Chicken Salad



1 Serving: 1 ½ cups

Calories: 250cal

Carbohydrates: 12g

Protein: 44g

Fat: 4g

Fiber: 2g

Ingredients

- 4 oz diced up chicken
- 3-4 tablespoon plain Greek yogurt
- ½ tablespoon fresh lemon juice
- 2 tablespoons, finely chopped walnuts
- 1 stalk celery, finely chopped (about ¼ cup chopped)
- 4 grapes cut in half
- 1/8 cup of chopped red onion
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon of olive oil
- pinch kosher salt (I use ~¼ tsp)
- pinch black pepper (I use ~⅛ tsp)

Instructions

- Cook the chicken how you prefer
- Chop the celery, grapes, onion, and walnuts
- Add the Greek yogurt, fresh lemon juice, salt, black pepper. Give it all a good stir
- Add the celery, grapes, onion, and walnuts

Tips

Make a large batch to store for later and to use for other meal options such as stuffing it in a grain free pita pocket!