

10 REFRESHING SUMMER SALADS FOR HOT DAYS

GRILLED CHICKEN GARDEN SALAD

INGREDIENTS

- 2 GRILLED CHICKEN BREASTS, SLICED
- 5 CUPS MIXED GREENS
- 1 CUCUMBER
- CHERRY TOMATOES
- RED ONION
- SHREDDED CARROTS
- DRESSING OF CHOICE

DIRECTIONS

1. ARRANGE GREENS ON A SERVING PLATTER.
2. ADD VEGETABLES EVENLY OVER THE GREENS.
3. TOP WITH SLICED GRILLED CHICKEN.
4. DRIZZLE WITH YOUR FAVORITE DRESSING.

SIMPLE TIPS

- EXCELLENT HIGH-PROTEIN LUNCH.
- TRY BALSAMIC, RANCH, OR ITALIAN DRESSING.

NUTRITION INFORMATION

MAKES: 4 SERVINGS **SERVING SIZE: 1 SALAD**

PER SERVING (APPROX.)

CALORIES: 265

PROTEIN: 31G

CARBS: 8G

FAT: 12G

FIBER: 3G

SUGAR: 5G

SODIUM: 340MG

 RECIPE INFO

PREP: 15 MIN


COOK: 15 MIN

TOTAL: 30 MIN

 STORAGE

REFRIGERATE UP TO 3 DAYS.

STORE DRESSING SEPARATELY.

 PAIRS WELL WITH

- FRUIT-INFUSED WATER
- FRESH BREAD
- FRESH FRUIT

 SIMPLE LIFE TIP

COOK EXTRA CHICKEN FOR QUICK LUNCHES THROUGHOUT THE WEEK.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

 SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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