

## Arugula Salad with Chicken and Fruit

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)
25 grams protein
2 grams fat
185-240 calories (depending on the fruit used)

### Ingredients

- 100 grams of chicken
- 2 cups of arugula greens
- Your choice of apple, orange, strawberry or grapefruit slices (allowed amount)
- Dressing made from your choice of compatible fruit
- 1 tablespoon red onion, chopped
- Sea salt and pepper to taste

### Directions

1. Cook chicken with a little lemon juice and water until slightly browned.
2. Prepare and wash arugula.
3. Lay chicken slices on top of arugula salad and top with fruit and a dressing made from your fruit of choice.

### Examples:

Strawberry Vinaigrette, Grapefruit Vinaigrette, Spicy Orange Dressing, etc. See recipes for Dressings, Sauces, and Marinades.



call  
email  
web

**(416) 477 - 1345**  
info@HCGDIETCANADA.com  
www.HCGDIETCANADA.com