

# Chicken Salad

cals: **281.8**   fat: **3.1 g**   protein: **22.1 g**   carbs: **46.6 g**   fiber: **11.7 g**

A yummy, nutritious, filling salad.

5 minutes to prepare

**Servings per recipe: 1**

Each serving counts as 1 protein, 1 vegetable, 1 fruit, ¼ lemon juice

## Ingredients

---



- 100 grams cooked chicken breast
- 100 grams celery
- 1 medium to large apple
- 1 wedge lemon
- 2 tbsp apple cider vinegar
- 1 package of stevia
- 1 tsp. cinnamon
- ¼ tsp nutmeg
- ¼ tsp cardamom

## Directions

---

Chop apple, celery and cooked chicken into small pieces. Mix cider vinegar, stevia and spices, and lemon juice, pour over the chicken, celery, apple mixture. Chill before serving



### Nutritional Info

Servings Per Recipe: 1

#### Amount Per Serving

- Calories: 281.8
- Total Fat: 3.1 g
- Cholesterol: 49.3 mg
- Sodium: 265.4 mg
- Total Carbs: 46.6 g
- Dietary Fiber: 11.7 g
- Protein: 22.1 g



telephone  
email  
website

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