

Orange Cabbage Salad with Chicken

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)
28.5 grams protein
3 fat
255 calories

Ingredients

- 100 grams of chicken
- 2 cups chopped, any kind of cabbage
- One orange (3 tablespoons of juice and remaining orange sliced or in segments)
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos (optional)
- Pinch of fresh or powdered ginger
- Dash of cayenne (optional)
- Stevia to taste (optional)
- Sea salt and fresh black pepper to taste

PHASE 3 MODIFICATION:

Add a drizzle of olive or sesame oil, top with sliced almonds or sesame seeds.

Directions

1. Marinate strips or chunks of chicken in apple cider vinegar, lemon juice and spices.
2. Cook thoroughly, browning slightly.
3. Prepare dressing with 3 tablespoons of orange juice, Bragg's, Stevia, black pepper, salt, and cayenne. You may add extra apple cider vinegar, if desired.
4. Shred cabbage into coleslaw consistency and toss lightly with dressing. Allow to marinate for at least 20 minutes or overnight.
5. Top with chicken and orange slices.

