

## Crunchy Sweet Apple Chicken Salad

### Ingredients

- 100 grams chicken, cooked and diced
- 1 apple, diced
- 1 ½ cups celery, diced
- 3 tablespoons lemon juice
- ⅛ teaspoon cinnamon
- Dash of nutmeg
- Dash of cardamom
- Dash of salt
- Stevia to taste
- Wedge of lemon

### Directions

1. Mix ingredients together.
2. Sprinkle with Stevia and cinnamon.
3. Chill for 20 minutes.
4. Serve with a wedge of lemon and enjoy.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)
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27 grams protein
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2 grams fat
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255 calories
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### PHASE 3 MODIFICATIONS:

Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

