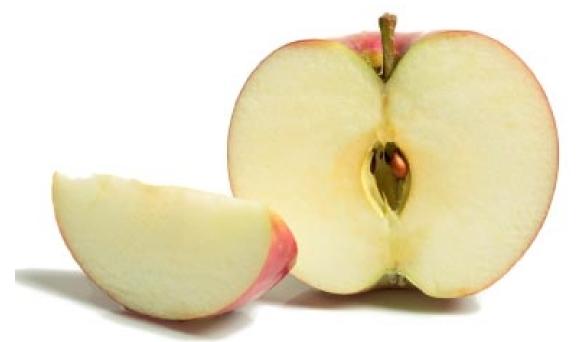
## **Crunchy Sweet Apple Chicken Salad**

## Ingredients

- 100 grams chicken, cooked and diced
- 1 apple, diced
- 1 ½bcups celery, diced
- 3 tablespoons lemon juice
- 1/8 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.





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Makes 1 serving	
(1 protein, 1 vegetable ,	
1 fruit)	
27 grams protein	
2 grams fat	
255 calories	_

## PHASE 3 MODIFICATIONS:

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