

Slow Cooked Chicken over Leaf Lettuce

Servings per recipe: 1

1 serving counts as 1 protein and 1 vegetable.

This recipe is only suggested for those that have tested & can combine 2 or more veggies/meal

Slow Cooked Chicken over Leaf Lettuce is a great source of protein. It is low in calories and ideal for chicken lovers on the VLCD menu of hCG Diet that are able to combine more than one vegetable per meal. Though this recipe takes time for preparation, it is an easy recipe and the ingredients are easily available. Multiply the recipe to make more servings and then divide equally to make multiple meals to have during the week.

Ingredients

- 2 cups of low sodium, hCG diet approved chicken broth
- 1-2 Tbsp of garlic powder, onion powder
- 100 grams chicken breast, fat trimmed
- 1 tsp turmeric
- 40 grams of leaf lettuce, washed and cut into bite size pieces
- 50 grams of cucumber sliced
- 10 grams celery
- drizzle of apple cider vinegar

Directions

- Simmer chicken with chicken broth and seasonings in slow cooker for 2-3 hours on high in such a way that it can be flaked easily when done.
- Spoon the chicken mixed with celery onto lettuce leaves.
- Add cucumber to the top and drizzle with apple cider vinegar to taste.

