



Chicken & Parmesan Salad

A simple high protein quick salad for one

1 serving | 10 minutes

Ingredients

1 Romaine Hearts (chopped)

4 ozs Chicken Breast, Cooked (shredded)

1 tbsp Extra Virgin Olive Oil

2 tsp Lemon Juice

2- 1/2 tsp Parmigiano Reggiano

Sea Salt & Black Pepper (to taste)

Directions

1. Add all of the ingredients to a bowl and toss to combine.

Leftovers: Refrigerate in an airtight container for up to two days

Serving Size: One serving is approximately 2 1/2 cups of salad with chicken.

Additional Toppings: Add any vegetables on hand like cucumber, tomatoes, and bell peppers.