

RECIPE

Chicken Pick-Me-Up Salad

SERVES: 1

SUPPORTING YOUR BODY AFTER ILLNESS, stress, or a hard workout is key for fat loss and balance. Recovery is where progress happens. Focus on high protein and as many colorful plants as you can fit on your plate. Protein supports muscle and keeps you full, while those vibrant veggies deliver fiber and nutrients to help you reset.

HERE'S A DELICIOUS, high-protein recipe for when your body needs a boost.

INGREDIENTS

- 1 **tblsp** fresh lemon juice
- 2 **tsp** extra-virgin olive oil
- 1 **tsp** Dijon mustard
- 2 **cups** chopped kale
- $\frac{1}{2}$ **cup** frozen green peas, thawed
- $\frac{1}{2}$ **cup** halved cherry tomatoes
- Salt and pepper to taste**
- 4 **oz** grilled chicken breast, sliced
- 1 **tblsp** pepitas



INSTRUCTIONS

- 1 **WHISK** together lemon juice, oil, and mustard in a medium bowl.
- 2 **ADD** kale, peas, tomatoes, salt, and pepper, and toss gently to coat.
- 3 **TOP** salad with chicken and pepitas.

NUTRITIONAL INFO PER SERVING

CALORIES

395

PROTEIN

43g

FIBER

6g