






GREEK PAN FRIED CHICKEN SALAD

Grilled chicken breast with lettuce, cucumber, tomato, red onion, olives, and feta.

 5 minutes
 20 minutes
 1 portion

INGREDIENTS

- 50g lettuce, average, raw
- 50g tomatoes, cherry, raw
- 50g cucumber, raw, flesh and skin
- 1 slice red onion, raw (20 g)
- 5 kalamata olives (optional)
- 30g Feta cheese
- 1 tbsp balsamic vinegar (16 g)
- 1tbsp olive oil (10g)
- 1 sprig fresh oregano
- 4 oz of chicken breast -Raw

COOKING METHOD

- 1° Pan fry the chicken the chicken breast cut into slices with little olive oil.
- 2° Weigh, wash, and prepare salad. Mix then add to a plate or large bowl. Transfer to a bowl or plate
- 3° Top the salad with olives, feta cheese (weigh before adding), and the grilled chicken breast. Dress with balsamic vinegar and olive oil (if needed).
- 4° NOTE: IF YOU ARE DOUBLING THIS RECIPE FOR MEAL PREP- JUST MULTIPLY YOUR OUNCES OF RAW CHICKEN. FOR EXAMPLE- 4 DAYS OF MEALS = 16 OZ RAW CHICKEN. YOU WILL NEED TO INCREASE YOUR SEASONING INGREDIENTS. ADDITIONALLY, YOU WILL JUST WEIGHT AND DIVIDE ALL OF THE COOKED CHICKEN BY 4!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (380 g)	% DRI
ENERGY	107 kcal	405 kcal	20 %
PROTEIN	10 g	37 g	75 %
CARBOHYDRATE	2 g	8 g	3 %
SUGARS	2 g	7 g	8 %
FAT	6 g	24 g	34 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	39 %
FIBER	1 g	3 g	11 %
SODIUM	139 mg	530 mg	22 %