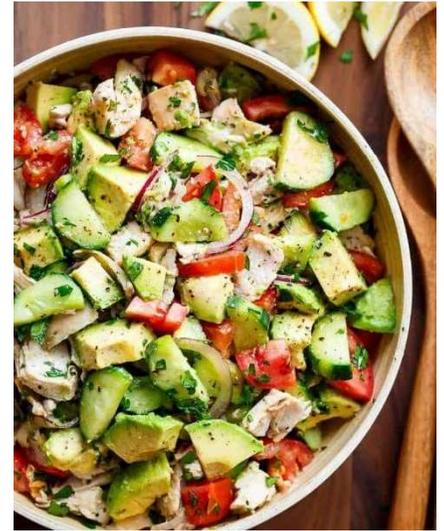


Chicken Cucumber Avocado Salad

- 1/2 Rotisserie chicken deboned and shredded (skin on or off) - tip, Costco sells it like this in 5 lb bags 😊
- 2 large English (or continental) cucumber, halved lengthways and sliced into 1/4-inch thick slices
- 4-5 large Roma tomatoes sliced or chopped
- 1/2 red onion thinly sliced
- 2 avocados peeled, pitted and diced
- 1/2 cup flat leaf parsley chopped
- 3 tablespoons olive oil
- 2-3 tablespoons lemon juice (or the juice of 2 limes)
- Himalayan sea salt and pepper to taste



1. Mix together shredded chicken, cucumbers, tomatoes, onion, avocados, and chopped parsley in a large salad bowl.

2. Drizzle with the olive oil and lemon juice (or lime juice), and season with salt and pepper. Toss gently to mix all of the flavors through.

Makes about 4 servings.

Serving Size = 2 cups of veggies, 3 ounces of chicken and 1 teaspoon of dressing and 1/8 avocado.

Enjoy with 1 cup of on plan fruit to complete the meal.

