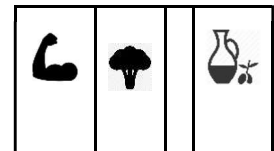


Chili Lime Chicken with Thai Salad

- 4 -3 oz chicken breasts, boneless, skinless
- 1 to 2 Thai chilis, minced
- 2 tablespoons fresh cilantro, finely chopped
- 4 garlic cloves, minced
- 1 tablespoon ginger, minced
- 1/2 cup fresh lime juice
- 2 teaspoons lime zest
- 1/4 cup olive oil
- Himalayan sea salt and freshly ground black pepper

Thai Salad & Dressing

- 4 cups mixed greens
- 2 bell pepper, cut into strips
- 1 cucumber, halved and sliced
- 1/4 cup slivered almonds
- 3 tablespoons fresh lime juice
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon Bragg's Liquid Amino
- 1 garlic clove, minced
- 1 teaspoon ground ginger
- A few drops of liquid stevia (optional)
- Himalayan sea salt and freshly ground black pepper



1. In a bowl mix the Thai chili, cilantro, garlic, ginger, lime juice, lime zest, and olive oil; season to taste with salt and pepper.
2. Whisk until well combined, then add chicken, making sure it is well coated. Marinate in the refrigerator for 2 to 8 hours.
3. Preheat grill to medium-high. Grill chicken 6 to 8 minutes per side, depending on thickness, let it rest 4 to 5 minutes.
4. In a bowl, whisk all ingredients for the dressing until well combined. In a salad bowl, combine all the ingredients for the salad and drizzle the dressing on top. 5. Serve the salad with the grilled chicken breasts.

Makes 4 servings.

Serving Size = 3 ounces of chicken with 2 cups of salad and 2 teaspoons of dressing

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