

MEAL PREP CHICKEN SALAD

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-vegetable-salad-for-italian-meal>

Ingredients:

- 2 cups chicken Cooked, Shredded
- 1 cup grapes Halved
- 1/3 cup diced celery about 1 large celery stalk
- 1/4 cup diced red onion
- 1/4 cup chopped walnuts
- 1 lemon
- 1/3 cup mayo or Greek Yogurt
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh dill or 1/2 tsp dry
- meal Prep Ideas
- cherry tomatoes
- cherry tomatoes
- cucumbers
- cucumbers
- peppers
- veggies
- butter lettuce
- butter lettuce
- crackers
- bread
- pita chips

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 70 milligrams

4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 590 milligrams
9. Sugar: 8 grams

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