

Blackened Chicken Salad

Recipe makes 1 serving

Each serving = 1 protein, 1 vegetable

Ingredients

- 100 grams chicken tenders
- 1 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp oregano
- 1/4 tsp thyme
- 1/4 tsp white pepper
- 1/4 tsp black pepper
- 1/4 tsp ground red pepper
- 100 grams spinach or salad greens (as allowed)



Directions

1. Combine all spices and rub on chicken.
2. Grill until no longer pink.
3. Serve over spinach or salad greens.

