

Zingy Keto Chicken Salad with Fresh Veggies



This low-carb Chicken Salad is tossed with juicy tomatoes, buttery avocado, and crunchy cucumber & onion. It makes a yummy bowl loaded with healthy fats, vitamins, and protein.

Ingredients for 2 serving (US/Metric)

- 1.5 *pieces* Avocado
- 3 *pieces* Cucumber, medium size
- 416g / 14.7oz Chicken breast
- 2 *tbsp* Olive oil
- Tomatoes
- 133g / 4.7oz Red Onions
- Lemon juice
- Fresh parsley

Nutrition (US/Metric)

- **Protein:** 41%
- **Fat:** 48%
- **Net carbs:** 11%

Instructions

1. Start by, cooking the chicken and shredding it to bite-like pieces.
2. In a large bowl, add the prepped avocado, cucumbers, onion, tomatoes, chopped parsley, and shredded chicken. Mix!
3. Pour some olive oil on the salad along with lemon juice and salt pepper seasoning. Toss lightly to coat the salad with the dressing.
4. Consume immediately!