



# Loaded BBQ Chicken Salad



prep time  
15-20 min



total time  
30-35 min



servings  
4

## Ingredients

### Chicken

- 1-2 lbs/450-900 grams chicken thighs (sub breast if you prefer or a rotisserie chicken to cut down on time) ~ 12 to 26 protein servings
- 1 tbsp olive oil ~ 1 fat serving
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1/4 cup BBQ sauce-any kind works, check out the Street Parking BBQ sauce

### Corn

- 4 ears shucked (sub canned corn to save time) ~ 6 to 8 carb servings
- 1 tsp butter ~ 1/3 fat serving
- Lightly salt
- 3-4 slices bacon ~ 3 to 4 protein, 3 to 4 fat servings
- 6 to 8 cups of Lettuce: Choose whichever you prefer, butter lettuce is what we suggest ~ 6 to 8 veggie servings.

### Optional Toppings

- Cucumbers
- Tomatoes
- Radish
- Sliced carrots
- Avocado
- Feta cheese
- Everything but the bagel seasoning

**Pro tip:** Use any fruit/veggie you enjoy as your toppings!

- 2 to 3 tbsp of Salad Dressing: You can use any kind you want! Check out the options under "Dressings & Sauces" under the "Fuel" tab. We recommend Lemon Vinaigrette. ~ 2 to 3 fat servings
- Pickled Onions- Check out the recipe under the "Fuel" tab ~ 1 to 2 veggie servings

# summer salad

## Instructions

- 1 Preheat the oven to 375 and place bacon on a baking sheet. Cook for 15 minutes or until crispy.
- 2 Place chicken thighs in a bowl, add olive oil, salt, pepper, and garlic salt, and mix thoroughly.
- 3 Remove the husk from your corn and lightly coat with butter and salt. Then wrap the corn in tin foil.
- 4 Place the corn and chicken on the BBQ on high heat. Cook the chicken for 7-10 minutes each side. Slightly rotate the corn to make sure all sides cook evenly.
- 5 Then chop up any veggies and the bacon once it has had a chance to cool.
- 6 Remove chicken and corn when done- it should be about 20 minutes, and let cool before you chop.



- 7 Once cooled, chop the chicken into bite-sized chunks and place in a bowl. Add the BBQ sauce and mix until well-coated. Feel free to add more sauce if you prefer!
- 8 Then take the corn and cut it off the cobb.
- 9 Combine all ingredients in a bowl and enjoy! This made about 4 LARGE salads, plus some leftover chicken for other meals

Whole Recipe Breakdown:  
15 to 20 Servings Protein  
6 to 8 Servings Carb  
6 1/3 to 8 1/3 Servings Fat  
7 to 10 Serving Veggies

