



# Rotisserie Chicken Salad



prep time  
10 minutes



total time  
10 minutes



servings  
6

## Ingredients

- 1 Fully Cooked Store-bought Rotisserie Chicken, yields approximately 3 cups/ 275 grams cooked chicken  
~ 12 servings of protein
- 2-3 Celery Stalks - chopped  
~ 1 serving of veggie
- 1/4 Cup Thinly Sliced or Chopped Red Onion ~ 1/2 serving of veggie
- 1/2-3/4 Cup Mayonnaise  
~ 4 to 6 servings of fat OR sub greek yogurt for the full or partial amount  
(yields 1 to 1.5 protein servings)
- 1 teaspoon Brown Mustard
- Salt/Pepper - to taste

## Instructions

- 1 Pull the chicken meat from the bones.
- 2 Mix chicken, celery, onion, mayo/greek yogurt and mustard. Stir until fully combined.
- 3 Salt and pepper to taste.
- 4 Store and refrigerate in an airtight container.
- 5 Serve in wraps, sandwiches or on a green salad.



### Whole Recipe Breakdown:

Protein: 12 servings  
(plus 1 to 1.5 protein servings if use greek yogurt instead of mayo)

Carb: 0 servings

Fat: 4 to 6 servings  
(none if use greek yogurt instead of mayo)

Veggies: 1.5 servings