

Potisserie Thicken Salad





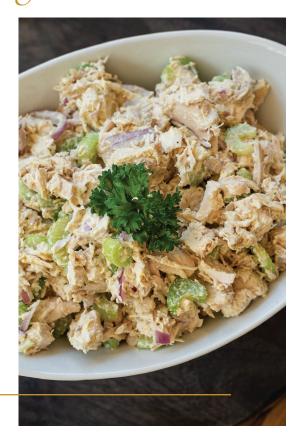


## Ingredients

- 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 ~  $\frac{1}{2}$  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

- Pull the chicken meat from the bones.
  - Mix chicken, celery, onion, mayo/greek yogurt and mustard. Stir until fully combined.
- - Salt and pepper to taste.
  - Store and refrigerate in an airtight container.
- - 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



simple meal prep