

FUSION

FITNESS STUDIO

NUTRITION PER SERVING:

CALORIES	122
PROTEIN	21.6 G
CARBOHYDRATE	3 G
TOTAL FAT	2.5 G

PREP TIME:	5 MINUTES
COOK TIME:	NONE

YIELD:	3 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

8 OZ	SHREDDED CHICKEN
¼ C	PLAIN GREEK YOGURT, NONFAT
½	LEMON, JUICED
3 TBSP	FINELY CHOPPED ONIONS
¼	OF A LARGE BELL PEPPER, FINELY CHOPPED
3	SPRIGS FRESH DILL, CHOPPED
1/8	CREOLE SEASONING
	SALT & PEPPER TO TASTE



CHICKEN SALAD W/GREEK YOGURT

EASY TO PREPARE AND HEALTHY GREEK YOGURT CHICKEN SALAD THAT COMES TOGETHER IN MINUTES. THIS IS THE PERFECT ADDITION TO ANY MEAL PREP ROUTINE. ENJOY!

- 01 Mix all ingredients in a bowl and serve with crackers or bread.

