



Lunch

Avocado Chicken Salad

Ingredients:

- 1 container plain Greek Yogurt
- 2 cups chicken, shredded
- 1 ripe avocado
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1 tsp sea salt
- 1/2 tsp paprika
- 1/2 tsp onion powder
- 1 cup grapes, chopped
- 1 cup walnuts, chopped
- 1 cup celery, chopped



Directions:

1. Chop and prepare walnuts, grapes, chicken, and celery and set aside.
2. In a large bowl, mix together greek yogurt and avocado until smooth. Add chicken and stir.
3. Add in additional ingredients and seasonings and stir well.
4. Enjoy!

Serving Size: 1/2 cup