



Basic chicken or seafood salad

A very quick, easy lunchtime or evening meal. You can even prepare this in the evening and keep it in the fridge for a quick lunch the following day. This dish is suitable for weight loss and weight maintenance.

Quantities to be decided by you, depending on how many you are feeding.

Ingredients

- Lettuce
- Celery
- Any salad vegetables of your choice
- Skinless chicken
- (or) Turkey
- (or) Seafood



A very versatile recipe designed to give you plenty of choice, enabling you to create a weight sustaining or weight loss promoting meal to fit around your everyday plans.

Method



1. Create a salad using vegetables of your choice
2. Include plenty of lettuce and celery
3. Serve with some skinless chicken, turkey or seafood, depending on your personal preference

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