



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

<b>CALORIES</b>	122
<b>PROTEIN</b>	21.6 G
<b>CARBOHYDRATE</b>	3 G
<b>TOTAL FAT</b>	2.5 G

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<b>PREP TIME:</b>	5 MINUTES
<b>COOK TIME:</b>	NONE

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<b>YIELD:</b>	3 SERVINGS
<b>SERVING SIZE:</b>	1 SERVING

### INGREDIENTS:

<b>8 OZ</b>	SHREDDED CHICKEN
<b>¼ C</b>	PLAIN GREEK YOGURT, NONFAT
<b>½</b>	LEMON, JUICED
<b>3 TBSP</b>	FINELY CHOPPED ONIONS
<b>¼</b>	OF A LARGE BELL PEPPER, FINELY CHOPPED
<b>3</b>	SPRIGS FRESH DILL, CHOPPED
<b>1/8</b>	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.

