



CHICKEN SALAD LUNCH BOX

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked Chicken Breast, finely chopped	3 Oz.	Salt and Black Pepper, to taste	
Nonfat Plain Greek Yogurt	2 Tbsps.	Prepared Chicken Salad	½ Cup
Dijon Mustard	1 Tsp.	Cucumber Slices	½ Cup
Celery, finely diced	1 Tbsp.	Mini Bell Peppers	½ Cup
Green Onion, finely chopped	1 Tbsp.	Grapes or Berries	¼ Cup
Finely Chopped Dried Cranberries	1 Tsp.	Whole-grain or High-protein Crackers	
Chopped Pecans	1 Tsp.	Dill Pickle	
Garlic Powder	¼ Tsp.		
SERVING SIZE	1		

PREPARATION

- Add chopped chicken, Greek yogurt, Dijon mustard, celery, green onion, dried cranberries, pecans, garlic powder, salt, and pepper to a small bowl.
- Stir gently until well combined and creamy.
- Transfer the chicken salad to a small compartment or container within the snack box.
- Arrange cucumber, bell peppers, fruit, crackers, and pickle around the chicken salad.
- Refrigerate until ready to eat.