



The Grilled Chicken & Quinoa Power Bowl

Macros: 410 Calories; 45g Protein; 25g Carbs; 16g Fat

Ingredients

- 5 oz boneless, skinless chicken breast (grilled and sliced)
- 1/2 cup cooked quinoa
- 2 cups fresh spinach
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- Salt and pepper to taste

Directions

- Toss the spinach, cherry tomatoes, and cucumber in a large bowl.
- Add the cooked quinoa and sliced grilled chicken on top.
- Whisk the olive oil, lemon juice, salt, and pepper in a small cup, then drizzle over the salad.
- Toss gently to combine.