
THE GRILLED CHICKEN & QUINOA POWER BOWL

410 Calories | 45g Protein | 25g Carbs | 16g Fat



INGREDIENTS

- 5 oz boneless, skinless chicken breast (grilled and sliced)
- ½ cup cooked quinoa
- 2 cups fresh spinach
- ¼ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- Salt and pepper to taste

DIRECTIONS

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