

BUFFALO CHICKEN COTTAGE CHEESE BOWL

Ingredients:

- 1 ¼ pounds chicken breast
- 2 ½ cups reduced fat cottage cheese
- ⅔ cup buffalo sauce
- 6 sticks of celery
- 6 carrots

Directions:

1. Boil chicken in a saucepan for about 10 minutes until they reach internal temperature of 165°F.
2. Use 2 forks to shred chicken
3. Add buffalo sauce and mix together
4. Add ½ cup of cottage cheese to each container & then add 1/5 of buffalo chicken
5. Chop celery and carrots to desired length (divide between 5 containers)
6. Drizzle each with Ranch dressing

Protein: 38g Fat: 22g Carbs 12g



Enjoy!

