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Nutrition and
Fitness**

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the diet roller coaster!

Lunches with Leftover Shredded Chicken

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Chicken, Asparagus & Mashed Cauliflower

4 servings

20 minutes

Ingredients

- 3 cups Asparagus (ends trimmed)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 1 lb Whole Rotisserie Chicken (cooked, meat only, bones removed)

Nutrition

Amount per serving	
Calories	373
Fat	25g
Carbs	11g
Fiber	5g
Sugar	5g
Protein	29g
Cholesterol	113mg
Sodium	841mg
Vitamin A	760IU
Vitamin C	76mg
Calcium	110mg
Iron	4mg

Directions

- 1 Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
- 2 While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
- 3 Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 to 4 days.

More Carbs: Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.



Shredded Chicken

2 servings

20 minutes

Ingredients

- 1 tsp Sea Salt
- 8 ozs Chicken Breast (skinless, boneless)

Nutrition

Amount per serving	
Calories	136
Fat	3g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	25g
Cholesterol	82mg
Sodium	1231mg
Vitamin A	34IU
Vitamin C	0mg
Calcium	6mg
Iron	0mg

Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

Notes

Serve it With: Any of our sides, salads or vegetarian pastas.

Leftovers: Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.



Chicken Guacamole

4 servings

10 minutes

Ingredients

- 4 1/3 ozs Chicken Breast, Cooked
- 2 Avocado
- 2 tbsps Lemon Juice
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	222
Fat	16g
Carbs	12g
Fiber	7g
Sugar	2g
Protein	12g
Cholesterol	32mg
Sodium	172mg
Vitamin A	236IU
Vitamin C	15mg
Calcium	27mg
Iron	1mg

Directions

- 1 Shred the cooked chicken breast until no large pieces remain. Set aside.
- 2 In a mixing bowl, mash the avocado then stir in the lemon juice, garlic and sea salt. Fold in the shredded chicken. Season with additional salt or lemon juice if needed.
- 3 Serve with cucumber slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add cilantro, tomato, onion or jalapeno.

No Lemon: Use lime juice instead.

No Cucumbers: Serve with carrot sticks or crackers instead.



Curried Chicken Wrap

1 serving
10 minutes

Ingredients

- 3 ozs Chicken Breast, Cooked (shredded or chopped)
- 1 1/2 tsps Mayonnaise
- 1/4 tsp Curry Powder
- 1/4 Apple (chopped)
- 1 Whole Wheat Tortilla
- 1 tbsp Parsley (optional)

Nutrition

Amount per serving	
Calories	329
Fat	12g
Carbs	26g
Fiber	6g
Sugar	6g
Protein	30g
Cholesterol	91mg
Sodium	344mg
Vitamin A	379IU
Vitamin C	7mg
Calcium	116mg
Iron	2mg

Directions

- 1 In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
- 2 Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers: For best results, enjoy the day of.

Egg-Free: Use vegan mayonnaise instead.

Additional Toppings: Top with sprouts, additional herbs of choice, or feta cheese.



Chicken & Cream Cheese Wrap

1 serving
10 minutes

Ingredients

- 3 ozs Chicken Breast, Cooked (shredded or chopped)
- 2 tbsps Cream Cheese, Regular (divided)
- 1 Whole Wheat Tortilla
- 3/4 cup Arugula
- 1 stalk Celery (chopped)

Nutrition

Amount per serving	
Calories	353
Fat	15g
Carbs	22g
Fiber	5g
Sugar	3g
Protein	33g
Cholesterol	115mg
Sodium	464mg
Vitamin A	565IU
Vitamin C	3mg
Calcium	166mg
Iron	2mg

Directions

- 1 In a small bowl, mix together the chicken and half the cream cheese.
- 2 Lay the tortilla flat and spread the remaining cream cheese, then add the arugula, chicken, and celery. Roll the tortilla tightly and enjoy!

Notes

Leftovers: Store in the fridge wrapped in tin foil or parchment paper for up to two days.

Gluten-Free: Use a gluten-free tortilla.

Dairy-Free: Use a dairy-free cream cheese.

More Flavor: Add hot sauce to the chicken.

Additional Toppings: Add chopped bacon, cucumber, or sprouts.