

CHICKEN SANDWICH AND GARDEN SALAD

FOR MEN

Serves: 1

Prep: 12 minutes

Cook: 20 minutes

NUTRITION FACTS

Amount Per Serving

Calories	997	Folate	265mcg
Protein (g)	94g	Thiamin	0.8mg
Carbohydrate (g)	87g	Riboflavin	1.9mg
Dietary Fiber	18g	Niacin	29.3mg
Total Sugars	36g	Calcium	568mg
Total Fat	36g	Potassium	2460mg
Saturated Fat	7g	Sodium	1179g
Polyunsaturated Fat	11g	Copper	1.3mg
Monounsaturated Fat	15g	Iron	7mg
Cholesterol	357mg	Magnesium	282mg
Vitamin A	343mcg	Phosphorus	1317mg
Vitamin B6	2.5mg	Selenium	126mcg
Vitamin B12	2.8mcg	Zinc	6.8mg
Vitamin C	55mg		
Vitamin D	1mcg		
Vitamin E	14mg		
Vitamin K	158mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1 medium apple with skin, raw	1/2 cup pieces or slices portabello mushrooms, raw
2 regular slices 100% whole wheat bread	1 large Omega-3 enriched egg, raw
1/4 cup shredded cheese, cheddar or colby, reduced fat	3 tbsp. almonds, unroasted
5 oz. chicken breast, boneless, skinless, baked	6 oz. Greek yogurt, plain, fat free
1/2 cup sliced onion, raw	2 tsp flaxseeds
2 tbsp. salad dressing, Italian, low calorie	1 cup brewed tea
1 cup salad, garden, lettuce, tomato, carrots, no dressing	3 individual packets sugar substitute, herbal extract sweetened, stevia powder
1 cup spinach, raw	

DIRECTIONS

Chicken Sandwich Directions

1. Preheat a nonstick pan and spray with non-stick spray.
2. Add the fresh chicken breast to the pan.
3. Cook the chicken for approx. 5-7 minutes per side.
4. Assemble the sandwich on 2 slices of whole wheat bread, with 1/4 cup sliced onion, 1/2 cup spinach and shredded cheese.

Hard boiled eggs cooking directions

1. In a separate small pot bring 4 cups of water to a boil.
2. Add 1 egg to the boiling water
3. Cook about 8-10 minutes until desired tenderness

Garden Salad Directions

1. Combine salad mix, 1/2 spinach, 1/4 sliced onion, sliced mushrooms, sliced hardboiled egg, almonds and salad dressing in a medium size bowl.
2. Enjoy with a cup of brewed tea with 2 stevia packets and an apple.

Greek Yogurt Directions

In a separate bowl combine Greek yogurt with 1 packet of stevia, 3 tbsp. almonds, and 2 tsp flaxseed in a bowl.

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CHICKEN SANDWICH AND GARDEN SALAD

FOR WOMEN

Serves: 1

Prep: 12 minutes

Cook: 20 minutes

NUTRITION FACTS

Amount Per Serving

Calories	624	Folate	196mcg
Protein (g)	69g	Thiamin	0.7mg
Carbohydrate (g)	52g	Riboflavin	1.4mg
Dietary Fiber	8g	Niacin	24.6mg
Total Sugars	21g	Calcium	562mg
Total Fat	17g	Potassium	1868mg
Saturated Fat	5g	Sodium	991mg
Polyunsaturated Fat	5g	Copper	0.8mg
Monounsaturated Fat	6g	Iron	4.9mg
Cholesterol	323mg	Magnesium	164mg
Vitamin A	420mcg	Phosphorus	1074mg
Vitamin B6	2mg	Selenium	108mcg
Vitamin B12	2.7mcg	Zinc	5.5mg
Vitamin C	39mg		
Vitamin D	4mcg		
Vitamin E	6mg		
Vitamin K	79mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

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|---|--|
| 2 regular slices 100% whole wheat bread | 1/2 cup pieces or slices portabello mushrooms, raw |
| 1/4 cup shredded cheese, cheddar or colby, reduced fat | 1 large Omega-3 enriched egg, raw |
| 4 oz. chicken breast, boneless, skinless, baked | 1 tsp flaxseeds |
| 1/4 cup sliced onion, raw | 1 cup skim milk |
| 3 tsp salad dressing, Italian, low calorie | |
| 1 cups salad, garden, lettuce, tomato, carrots, no dressing | |
| 1/2 cup spinach, raw | |

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