



## Basic chicken or seafood salad

A very quick, easy lunchtime or evening meal. You can even prepare this in the evening and keep it in the fridge for a quick lunch the following day. This dish is suitable for weight loss and weight maintenance.

*Quantities to be decided by you, depending on how many you are feeding.*

### Ingredients

- Lettuce
- Celery
- Any salad vegetables of your choice
- Skinless chicken
- (or) Turkey
- (or) Seafood



*A very versatile recipe designed to give you plenty of choice, enabling you to create a weight sustaining or weight loss promoting meal to fit around your everyday plans.*

### Method



1. Create a salad using vegetables of your choice
2. Include plenty of lettuce and celery
3. Serve with some skinless chicken, turkey or seafood, depending on your personal preference

The Grange  
Welford Road

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