



# Lunch Recipes

## Hummus Chicken Salad



### Ingredients:

- 1 lb shredded chicken (you can use a rotisserie chicken and take off the skin)
- ½ cup hummus
- ¼ cup cucumber
- ¼ cup cherry tomatoes, cut in half
- 2 Tablespoons sliced black olives
- 1 Tablespoon freshly chopped chives

### Directions:

1. Combine all ingredients together in a large bowl
2. Will last 5-6 days in airtight container

**\*\*Makes 4 servings: 4 protein, 3 carbs, 4 fats**