

Trim Healthy
W I S D O M

Sweet Potato, Black Bean, & Chicken Salad (E or XO)

(Depending upon the nut butter amount)

(P – This is one of my favorite lunchtime or dinner salads. It comes together so quickly because I generally have pre-cooked sweet potatoes in my fridge ready to go. Earlier in my wisdom journey when my CLBM still had a long way to go, I would typically use Wizzy E Protein Option 1 (garnish chicken amount) for this salad since it involves two carb sources. Adding a full serving of chicken on top of two carbs didn't work for me back then. Now that I have built back a lot of CLBM, I can include the full serving of chicken along with both carbs and burn it all up! Sometimes, I still use Option 1, just for funsies, though. I'll put a generous half serving of [TH Optimized Collagen](#) in a coffee to have on the side for my extra protein needs or just chug it with a teaspoon of [TH ESSENTIAL](#) before my meal to get things over and done with. Check out the Protein Nerd Notes at the bottom of the recipe for other ways to get your extra protein if choosing Option 1.)

Single Serve Full-Meal Salad

INGREDIENTS:

- 1 small to medium pre-cooked sweet potato (sliced or diced)
- 1/3 cup pre-cooked or canned black beans (drained)
- Up to 4 – 6 ounces pre-cooked diced chicken breast
- Tony Chachere's Creole seasoning (to taste)
- Very large bed of leafy greens
- *Plant Strong Dressing*



INSTRUCTIONS:

1. Lightly spray a medium, healthy-style, non-stick skillet and set it to medium /high heat. Once the pan is hot, add sweet potato, beans, and chicken. Sprinkle with creole seasoning and heat. Once hot, remove from the heat.
2. Mix dressing ingredients in a small cup and set aside.
3. Put the leafy greens in your favorite large salad bowl. Pour half of the dressing over the greens and toss well. Top with the heated ingredients and then pour over the rest of the dressing.

Protein Nerd Notes:

The 4-6 ounce serving of chicken will provide your full Protein Nerd Level 3 requirements – done deal! That's Wizzy E Protein Option 2. If you choose Protein Option 1 instead (2 – 3 ounces of chicken) you'll still need to get the rest of your protein in via another way. Perhaps via a serving of optimized collagen in a coffee or tea on the side or perhaps start your meal with the *Side Protein & Fiber Chocolate Milk* or the *PYY Booster* using the extra tablespoon of [TH Optimized Plant Protein Powder](#). Or you could drink a ½ serving of [TH ESSENTIAL](#) with water on the side of your meal or chug a half scoop of [TH Optimized Collagen](#) plus 1 tsp ESSENTIAL before your meal in a little water and chase with more water.