

Trim Healthy
W I S D O M

My Big Fat Greek Salad (S)

Here's the Plant Strong, density-minded way to enjoy multiple fats in a tasty Greek salad. There are four different fats used here, but they're all in amounts that won't be too much for you to burn, yet you'll still really get to enjoy them. You have only 1 tsp oil, 2 Tbs. feta, ¼ of an avocado and ¼ cup black olives. Get smart with your olives, though... Kalamata olives are twice as high in fat as black; you can use them if you want, but just know you'll be upping your density. Your body may be able to easily burn through that or not. Although in smaller amounts, all the fats still shine in this salad, and each mouthful lets you know they're there. Of course, feta cheese is optional, but feta is a more easily burned cheese than some others. If you don't want to use any cheese, you could use a full ½ of avocado rather than just the ¼ or include some dehydrated pumpkin seeds.

This recipe uses fresh or thawed chicken breast; however, you can use pre-cooked if you prefer.

Single Serve Full-Meal Salad

INGREDIENTS:

- 1 4-6 oz fresh or thawed chicken breast (snipped into small pieces with scissors)
- Seasonings For Chicken: Sprinkles of [TH Mineral Salt](#), black pepper, onion, and/or garlic powder, [TH Nutritional Yeast](#), and optional cayenne pepper
- Very large bed of leafy greens
- 2 baby seedless cucumbers or ⅓ – ½ English cucumber (peeled and diced)
- 1 tsp MCT oil or olive oil
- ½ large tomato (diced) or several baby tomatoes (cut into thirds)



- red or yellow onion (sliced or diced)
- ¼ cup black olives (sliced or diced)
- ¼ of an avocado (diced)
- 1 lemon (use the juice only)
- [TH Mineral Salt](#) (for sprinkling)

INSTRUCTIONS:

1. Lightly spray a medium, healthy-style, non-stick pan with coconut or olive oil and set it to medium-high heat. Add the chicken pieces to the pan. While the undersides of chicken pieces are browning, season the top sides by sprinkling on your favorite seasonings to taste. Once the bottom sides are nicely browned, flip the chicken pieces and season the other side. Cook another two minutes or so, then flip pieces again, turn down the heat to medium/low, and continue until pieces are fully cooked through. Remove from heat.
2. Put the greens and cucumber into your favorite large salad bowl and then massage the 1 tsp of oil into them using your fingers.
3. Add the tomato, olives, and avocado, then squeeze the lemon juice all over the salad. Sprinkle with a generous amount of mineral salt. Top with chicken.

Protein Nerd Notes:

4 - 6 ounces of chicken breast fully provides your Protein Nerd Level 3 requirements.

Other Notes:

If you want to enjoy this salad for an evening meal and your chicken is already pre-cooked, a tip is to heat it in a pan for a couple of minutes so it gets nice and hot. This makes your salad feel like so much more of a nourishing, comforting nighttime meal.