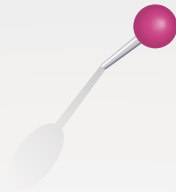


Adios™

A natural aid for slimming



TANGY HOT CHICKEN SALAD

Serves: 2
285 calories per serving.

Ingredients

2 chicken breast fillets, skinless and boneless 150g lettuce
2 medium capsicum peppers
2 onions
30g butter
2 sticks of celery
25g toasted almonds
2 tbsp sultanas
50g sun-dried tomato & chilli salad dressing



Method

- 1 Dice the chicken into small pieces and finely chop the onions and peppers.
- 2 Melt the butter in a pan over a medium heat and add the chicken.
- 3 Shred the lettuce and slice the celery.
- 4 When the chicken is almost cooked, add the peppers and onions to pan to soften slightly.
- 5 Once the chicken is cooked, drain the contents of the pan and toss the mixture together with the lettuce, celery, almonds and sultanas.
- 6 Drizzle on the chilli dressing.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: