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# THE CrossFit *kitchen*

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## CHICKEN SALAD

### overview

A Zone-friendly version of chicken salad

### recipe yields approximately 18 cups

32 protein blocks  
8 carbohydrate blocks  
32 fat blocks

### ingredients

- 1 lb. 14 oz. chicken
- 4 bell peppers, chopped
- 6 cups celery, chopped
- 1 1/2 cups onion, chopped
- 2 eggs
- 2 limes
- ~ 1/4 cup mustard (to taste)
- 2 tbs. curry powder
- 1 cup slivered almonds

### notes

*A rounded 1/2 cup of Chicken Salad contains approximately 1 block of protein, a 1/4 block of carbohydrate and 1 block of fat. Simply eat an additional 3/4 block of carbohydrate for a complete 1-block meal.*

### directions

1. Grill chicken in a skillet.
2. Chop peppers, celery and onion.
3. Dice grilled chicken into bite-sized pieces.
4. Mix chicken, peppers, celery and onions together in a large bowl.
5. In a separate bowl, squeeze limes and mix in eggs, mustard and curry powder.
6. Stir dressing well.
7. Add dressing and slivered almonds to the chicken and vegetables.
8. Stir well.

