

Keto Chicken, Avocado & Bacon Salad

5 Ingredients 2 serves 10 Minutes Total Time

500 grams chicken (cooked and cubed)
1 avocado (cubed)
6 slices bacon (cooked until crispy)
100 grams cherry tomatoes
¼ cup mayonnaise

Instructions

In a large mixing bowl, combine cooked cubed or shredded chicken, chopped crispy bacon, cubed avocado, halved cherry tomatoes, mayonnaise, and, optionally, 2 tbsp garlic pesto.

Toss gently to coat.

Eat as is, or serve on a bed of lettuce leaves or wrap in lettuce leaves to make a sandwich/wrap.

Warnings

****MAYONNAISE:** Must be sugar free with no garlic or onion for SIBO compliance.

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♥ Nutritional Information	
<i>(per serving)</i>	
Calories	959
Total Fat	62g
Saturated Fat	15g
Cholesterol	240mg
Sodium	1,402mg
Total Carbohydrate	12g
Dietary Fibre	7g
Sugars	2g
Protein	76g
Calcium	51mg
Iron	4mg
Magnesium	112mg
Phosphorus	885mg
Potassium	1,545mg
Vitamin C	17mg
Thiamin	1mg
Riboflavin	1mg
Vitamin B6	2mg
Vitamin E	4mg