

Power-Up Chicken Salad Recipe

Power-Up Chicken Salad (Prep Bowl MVP Edition)

Hey Sunday Chiefs!

If you're standing in front of the fridge wondering what on earth to prep this week, we've got your back (and your belly). Say hello to a chicken salad glow-up that's high-protein, gluten-free, oil-free, and loaded with Plant Derived Minerals to help you feel like the superhero you already are.

Ingredients:

- 1 large chicken breast, boiled and shredded using two forks
- 1 serving of plain Greek yogurt (unsweetened)
- 1/2 tsp garlic powder
- A squirt of Sky Valley Sriracha (gluten-free)
- 1-2 tsp sweet pickle relish (look for one with no funky ingredients)
- 1 capful of Plant Derived Minerals

Instructions:

1. Boil your chicken breast until cooked through (about 1520 minutes).
2. Let it cool a bit, then shred it up with two forks like a kitchen ninja.
3. In a mixing bowl, combine shredded chicken, Greek yogurt, garlic powder, sriracha, relish, and your capful of Plant Derived Minerals.
4. Stir until creamy, tangy, spicy perfection.
5. Pop it in the fridge or eat it right away-up to you, Chef!

Why it's a touchdown:

- High in protein
- Gluten-free & oil-free
- Crazy simple to make
- Includes 77 trace minerals to fuel your brain, gut, and recovery like a boss
- Tastes like something that should cost \$18 at a health caf

Spoon it, fork it, wrap it in lettuce, or scoop it up with Mary's Gone Crackers Original (gluten-free & oil-free)-this is your prep, your rules.

Give this a try and let us know how you feel after adding those minerals... most people say they notice a difference within the hour.

P.S. Wanna level up even more? Pair this with the Healthy Foundation Pak and you've got a full-body fuel station in every bite. Let's go!