



● FOLLICULAR

Lunch

Grilled Chicken Cobb Lite

Lean Protein Energy Salad

25 min · Medium · Serves 1

WHY IT FITS YOUR FOLLICULAR PHASE

Grilled chicken delivers iron + B vitamins. Egg adds choline to support ovarian follicle growth, and synthesise steroid hormones. Avocado contributes folate + healthy fats.

INGREDIENTS

5 oz free range chicken breast

2 cup romaine lettuce

1 hard-boiled pasture raised (or free range) egg

½ avocado

½ cup cherry tomatoes

1 oz blue cheese

2 tbsp cold pressed olive oil

1 tbsp red wine vinegar

1 tsp Dijon mustard

1 pinch celtic sea salt

1 pinch black pepper

HOW TO MAKE IT

- 1 Season the chicken breast with celtic sea salt and black pepper
- 2 Heat 1 tbsp olive oil in a skillet over medium-high heat
- 3 Cook the chicken 5-6 minutes per side, until cooked through (165°F internal)
- 4 Rest the chicken 5 minutes then slice
- 5 Whisk red wine vinegar, Dijon mustard, and remaining olive oil for the dressing
- 6 Arrange the chopped romaine in a bowl with the sliced chicken, hard-boiled egg, diced avocado, and halved cherry tomatoes
- 7 Top with crumbled blue cheese if using; drizzle with the dressing

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