

Strawberry summer salad

Ingredients:

- 1 bag baby spinach
- 1 bag arugula
- Strawberries
- 2-3 pears
- Chicken breast, cooked with lemon and pepper
- Shallot or red onion
- Feta
- Lemon
- Olive oil



Instructions

1. Cook chicken in a pan with lemon and black pepper. Cut into small pieces.
2. Toast chopped almonds for about 5 minutes.
3. Either in a large bowl or individual containers for meal prep add spinach, arugula, chopped strawberries, chopped pears, chopped shallot, lemon pepper chicken, toasted almonds, and feta. The portions of each ingredient is personal preference!
4. Dress with fresh lemon juice and olive oil.
5. Stays good in the fridge for about a week.