



# Healthy Now

CATERING • MEAL PREP • JUICES

## Ultimate Summer Salad

A fantastic blend of fruit and feta cheese tops off this tossed salad. Packed with protein, anti-oxidants and healthy fats, it's filling, flavourful and nutritious - perfect for summer barbeques!



HealthyNow provides Corporate Catering, Meal Preparation and fresh pressed Juice Cleanses to support your fitness, wellness and nutrition goals.

To order, call or text Christine at 647-210-0047 or email her at [Christine@HealthyNow.ca](mailto:Christine@HealthyNow.ca)

Check out our website for more info: [www.healthynow.ca](http://www.healthynow.ca)





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## You'll need:

- 3 (6 ounce) skinless, boneless chicken breast halves
- 1 cup Italian-style salad dressing
- 1 Granny Smith apple, cored, diced
- 2 tablespoons lemon juice
- 1 head romaine lettuce, chopped
- 1 avocado, diced
- 4 ounces feta cheese, crumbled
- 1 1/2 cups diced fresh strawberries
- 1 cup fresh blueberries
- 3/4 cup balsamic vinaigrette

## To make:

1. Place the chicken breasts and Italian dressing into a re-sealable plastic bag. Mix together to coat the chicken with the dressing, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.
2. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
3. Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade. Grill the chicken breasts until no longer pink in the center, or to an internal temperature of 165 degrees F (74 degrees C), about 3 minutes per side. Set aside to cool while preparing the ingredients for salad, then dice.
4. Toss the diced apple with the lemon juice in a large mixing bowl until well coated; drain and discard any excess lemon juice. Place the lettuce into the mixing bowl, then sprinkle with the diced chicken, avocado, feta cheese, strawberries, and blueberries. Gently toss the salad with the balsamic vinaigrette, and serve immediately.

## Enjoy!

Past recipes of the week are posted at our website [www.HealthyNow.ca](http://www.HealthyNow.ca). And OrangeTheory Fitness members always get 15% off Fresh Pressed Juices, and 15% off any Meal Pack!

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