



**ROCKFORD
WEIGHT LOSS**
Affiliated With SECRET FOR WEIGHT LOSS™

Chinese Chicken Salad

MAIN MEAL

Ingredients

- 1 Whole Chicken breast (Organic Free Range recommended)
- 1 C cabbage
- 3 TBSP Bragg's liquid aminos
- 1 TBSP apple cider vinegar
- 1 TBSP minced green onion
- 1 clove of garlic crushed and minced Fresh grated ginger or a dash of powdered
- Pinch of red pepper flakes
- Stevia for taste
- Salt and pepper for taste (Himalayan Pink Salt recommended)

Directions

- Brown the chicken with lemon juice, 1 tablespoon of Bragg's, garlic, and onion.
- Slice cabbage into fine strips.
- Steam lightly until cooked. Drain off excess liquid.
- Add chicken, a dash of ginger, Stevia, salt and pepper to taste and chill. Sprinkle with additional Braggs.

