

# MCT Ranch Chicken Avocado Salad

2 net carbs for total recipe. (81.1% calories from fat.)



LowCarbDiet.com



- 1/4 lg avocado (HASS type)
- 1 oz provolone cheese
- 4 ozs chicken, cooked and chopped
- 1 c lettuce, your choice
- 1 c spinach leaf
- 2 tbsps ranch salad dressing
- 1 tbsp coconut oil (or MCT oil)
- 1 slice red onion (optional)

## DIRECTIONS

Chop the avocado, provolone cheese and chicken.

Mix 2 tablespoons of ranch dressing with 1 tablespoon of coconut or MCT oil. Blend well.

Combine all ingredients in a bowl and serve on a pile of fresh lettuce and spinach leaves. Garnish with a few thin slices of red onion and speckles of tomato or red sweet peppers.

## Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

<b>Calories</b> 593	Calories from Fat: 482
	<b>% Daily Values*</b>
<b>Total Fat</b> 58g	89%
Saturated Fat 24g	122%
<b>Cholesterol</b> 99mg	33%
<b>Sodium</b> 669mg	28%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 4g	17%
<b>Protein</b> 25g	
<b>Vitamin A</b>	66%
<b>Vitamin C</b>	25%
<b>Calcium</b>	28%
<b>Iron</b>	15%

\* Percent Daily Values are based on a 2000 calorie diet.