

MCT Ranch Chicken Avocado Salad

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



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- 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.

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

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