



Healthy • Herbal • Homemade

NOURISH
YOUR BODY
NATURALLY

Buffalo Chicken

HEALTHY BOWL

Spicy. Satisfying. Good for You.

INGREDIENTS

- Shredded chicken
- Brown rice or lettuce base
- Celery, carrots
- Light ranch or Greek yogurt dressing
- Buffalo sauce

Optional Toppings:

- Sliced avocado
- Cherry tomatoes
- Shredded cheddar cheese (light)
- Green onions
- Blue cheese crumbles



Health Benefits

- ✓ High in protein
- ✓ Supports muscle health
- ✓ Packed with veggies
- ✓ Low in fat & calories (with healthy swaps)
- ✓ Keeps you full & energized

INSTRUCTIONS

Mix chicken with buffalo sauce and assemble bowl.

Tip: Use Greek yogurt ranch for extra creaminess with fewer calories! 



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