



Everything Herbal

by Cheryl Jabz

www.EverythingHerbalByCherylJabz.com

GLOW BOWL

with Lemon Herb CHICKEN

Why people love it:
High protein, fresh, satisfying.

INGREDIENTS:

- Grilled chicken breast
- Brown rice or quinoa
- Cucumbers
- Cherry tomatoes
- Avocado
- Spinach
- Lemon herb dressing



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by Cheryl Jabz
for more herbal recipes,
natural remedies &
wellness tips! ♥



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THIS RECIPE

Lemon Herb Dressing

- Juice of 1 lemon
- 2 tbsp olive oil
- 1 tsp dried dill
- 1 tsp garlic powder
- 1 tsp parsley
- Salt & pepper to taste



Fuel your body,
feed your glow.

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