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# FAT-BURNING SALADS

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## Strawberry Arugula Salad



I've talked for years about building your meals on Protein and Produce. The vitamins and minerals that come from fruits and veggies you know, plus the protein you can get from chicken. Well, here's an idea: why not put these together! I know, you're kicking yourself for not thinking of this sooner ha!

Summer Salad Series

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### Key Fat Burners:

**Strawberries:** These are nutrient-loaded fruits that boost metabolism, help stabilize your blood sugar not to mention kill those sugar cravings in a good way.

## Ingredients For The Creamy Strawberry Lemon Vinaigrette:

- 2 TBSP of EVOO
- 1 TBSP Lemon Juice
- 1 TBSP golden Balsamic Vinegar
- 5 Whole Strawberries [stems & tops removed]
- 1/8 tsp Sea Salt
- Freshly Ground Black Pepper to Taste

## For The Salad:

- 6 cups Baby Arugula or other Salad Greens
- 2 cups Whole Fresh Strawberries [stems & tops removed]
- 8 oz Cooked Chicken Breast, Sliced
- 2 oz Fresh Goat Cheese

## Directions

1. Prepare the salad dressing by combining the olive oil, vinegar, lemon juice, strawberries, salt and pepper in a blender, and been on high until smooth. Set aside, or store in refrigerator until ready to use.

**“These are nutrient-loaded fruits that boost metabolism, stabilize your blood sugar & kill sugar cravings.”**

**2. Assemble Your Fat Burning Salad:** Place 3 cups each of Arugula or other salad greens on two plates. Divide remaining ingredients in half and top greens with sliced strawberries, sliced chicken breast, goat cheese, and slivered almonds.

3. Drizzle salad dressing evenly over each plate, and top each with 1/2 cup optional micro greens [optional]. Serve immediately.



This recipe is part of our full Fat Burning Salad Summer Series. Check out the rest on FastFitTV