






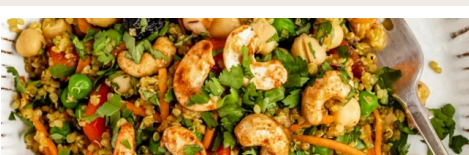
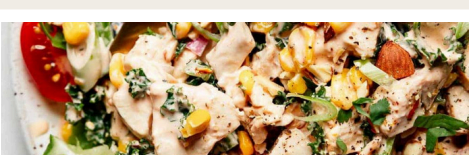







PROTEIN-PACKED SUMMER SALADS

	RECIPE	PROTEIN
	Blueberry Kale and Quinoa Salad	30g
	Waldorf Chicken Salad	27g
	Cottage Cheese Chicken Salad	39g
	Summer Chicken Chopped Salad	19.3g
	Tuna Salad	39g
	Mason Jar Chicken Avocado Club Salad	46g
	No Lettuce Salad	24g
	Curry Cashew Chickpea Quinoa Salad	16g
	Creamy BBQ Chicken Salad	27g

EASY HIGH-PROTEIN SANDWICHES + WRAPS

	RECIPE	PROTEIN
	Rainbow Thai Peanut Chicken Wraps	20.2g
	Chicken Salad Wraps	29g
	Turkey Avocado Sandwich	33g
	Turkey Pesto Sandwich	31g
	1-Minute Hummus Wrap	17g