

## Protein-Packed Chicken Avocado Salad with Mediterranean Vibes

Mediterranean Chicken Avocado Salad



**TIME**  
**15 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 2 cups romaine lettuce, chopped
- 1 grilled chicken breast, sliced
- 1 ripe avocado, sliced
- $\frac{1}{2}$  cup cherry tomatoes, halved
- $\frac{1}{2}$  cup cucumber, diced
- ... cup Kalamata olives
- ... cup feta cheese, crumbled
- 2 boiled eggs, quartered
- 2 tbsp olive oil
- 1 tbsp lemon juice
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{2}$  tsp sea salt
- 1 tbsp fresh parsley, chopped

### DIRECTIONS

- 1.** Build the Base: Place chopped romaine lettuce into a large bowl or plate-it'll be the crisp, refreshing base for all the flavors.
- 2.** Add the Protein: Top with sliced grilled chicken breast and boiled eggs for a hearty, filling boost of protein.
- 3.** Add the Fresh Veggies: Scatter on halved cherry tomatoes, diced cucumber, and creamy avocado slices for color, crunch, and richness.
- 4.** Sprinkle with Feta & Olives: Top with crumbled feta cheese and salty Kalamata olives for a true Mediterranean vibe.
- 5.** Dress It Up: Drizzle with olive oil and fresh lemon juice, then season with salt, pepper, and a generous sprinkle of fresh parsley.
- 6.** Serve immediately and enjoy!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/protein-packed-chicken-avocado-salad-with-mediterranean-vibes/>