

## High-Protein Chicken Avocado Salad with Just 5 Ingredients

Chicken and Avocado Salad ???



**TIME**  
**10 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 2 grilled chicken breasts, sliced
- 1 ripe avocado, diced
- 2 cups mixed greens (spring mix, arugula, or romaine)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt & black pepper, to taste

### DIRECTIONS

- 1.** Grill or Prep the Chicken: Use freshly grilled chicken breasts, or repurpose leftovers for ease. Slice into strips or cubes.
- 2.** Toss the Salad: In a large bowl, combine sliced chicken, diced avocado, and mixed greens.
- 3.** Dress and Season: Drizzle with olive oil and lemon juice. Season generously with salt and black pepper.
- 4.** Serve Fresh: Enjoy immediately as a light meal or chill it for 10 minutes if you like it cooler and crisp.

### TIPS FOR SUCCESS

Use pre-cooked or rotisserie chicken to save time Add toasted seeds or nuts for extra crunch Swap lemon juice for balsamic or apple cider vinegar Make it dairy-friendly with a sprinkle of feta or goat cheese Want more fiber?

Toss in cherry tomatoes or cucumbers

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

Original recipe: <https://chefmaniac.com/high-protein-chicken-avocado-salad-with-just-5-ingredients/>