



Free GLP-1 Starter Meal Plan

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Enjoyed this plan? There's more where that came from.

This free plan gives you a solid starting week. But everyone's GLP-1 journey is different – your protein needs, food preferences, and how your body responds to medication are unique to you.

That's why we created 3 complete meal plans, each designed by a registered dietitian for specific needs:

**\*\*🔗🔗 The GLP-1 Starter Plan (\$19)\*\***

A gentler, more detailed version of what you just tried – with a full grocery list, meal prep tips, and nausea-management strategies built into every day.

**🔗🔗 The High-Protein Plan (\$19)**

For when protecting muscle mass is your priority. 100-150g protein daily from whole food sources, with recipes designed to make hitting your protein goals feel effortless.

**🔗🔗 The Plant-Based Plan (\$19)**

All the protein you need from tofu, tempeh, legumes, and other plant sources. Proof that plant-based eating and GLP-1 medications work beautifully together.

**🔗🔗 The Complete Bundle – All 3 Plans (\$29)**

21 days of variety. Most people grab the bundle.

**🔗 Browse all plans at [chase-wellness.com/meal-plans](https://chase-wellness.com/meal-plans)**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Zucchini & Yogurt Protein Overnight Oats	 Zucchini & Yogurt Protein Overnight Oats	 Blueberry Vanilla Protein Oats	 Blueberry Vanilla Protein Oats	 Strawberry Yogurt Chia Pudding	 Strawberry Yogurt Chia Pudding	 Kimchi Avocado Toast with Eggs
Lunch	 Turkey Ranch Mason Jar Salad	 Turkey Ranch Mason Jar Salad	 Turkey Pesto Wrap	 Turkey Pesto Wrap	 Open-Face Tuna Melt	 Spicy Tuna Salad Box	 Chicken & Asparagus Stir Fry
Snack 2	 Rice Cakes with Peanut Butter & Chocolate	 Apple Slices with Peanut Butter Yogurt	 Apple Slices with Peanut Butter Yogurt	 Peanut Butter & Berry Toasted Wraps	 Cottage Cheese, Berry & Edamame Snack Box	 Cottage Cheese, Berry & Edamame Snack Box	 Cottage Cheese, Berry & Edamame Snack Box
Dinner	 Slow Cooker White Chicken Chili	 Slow Cooker White Chicken Chili	 Roasted Sweet Potato & Kale Salad with Salmon	 Roasted Sweet Potato & Kale Salad with Salmon	 Brown Rice, Chicken & Edamame Bowl	 Thai Red Curry Chicken & Broccoli	 Spicy Lime Chicken Coleslaw Salad

## Fruits

- 2 Apple
- 1/2 Avocado
- 1 1/2 cups Blueberries
- 1 Lemon
- 1 tbsp Lemon Juice
- 2 tbsps Lime Juice
- 3/4 cup Raspberries

## Breakfast

- 1 cup All Natural Peanut Butter
- 1 tbsp Almond Butter
- 2 tsps Maple Syrup
- 4 Plain Rice Cake

## Seeds, Nuts & Spices

- 1/4 cup Almonds
- 1/3 cup Chia Seeds
- 1/4 tsp Cinnamon
- 1 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 1 2/3 tbsps Hemp Seeds
- 2 tbsps Pecans
- 1/4 cup Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/4 tsp Turmeric

## Frozen

- 1 cup Frozen Edamame
- 1 cup Frozen Strawberries

## Vegetables

- 2 cups Asparagus
- 2 cups Baby Kale
- 6 cups Broccoli
- 2 Carrot
- 3 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 2 cups Coleslaw Mix
- 5 Cremini Mushrooms
- 1/4 Cucumber
- 1 1/2 tsps Fresh Dill
- 3 Garlic
- 1/8 head Green Lettuce
- 2 stalks Green Onion
- 2 cups Kale Leaves
- 1 1/2 Red Bell Pepper
- 1 Sweet Potato
- 1 Tomato
- 1 Yellow Onion
- 1/4 Zucchini

## Boxed & Canned

- 1/2 cup Brown Rice
- 3 cups Chicken Broth, Low Sodium
- 1/2 cup Israeli Couscous
- 1/3 cup Quinoa
- 1/4 cup Salsa Verde
- 2 cans Tuna
- 2 cups White Navy Beans
- 2 ozs Whole Grain Crackers

## Baking

- 1/2 cup Dark Chocolate Chips
- 2 cups Oats
- 1/2 tsp Raw Honey

## Bread, Fish, Meat & Cheese

- 2 slices Bread
- 2 3/4 lbs Chicken Breast
- 1 lb Chicken Thighs
- 2 Corn Tortilla
- 10 ozs Salmon Fillet
- 7 ozs Sliced Turkey Breast
- 1 3/4 ozs Sourdough Bread
- 1 1/3 ozs Swiss Cheese
- 8 ozs Turkey Breast, Cooked
- 2 Whole Wheat Tortilla

## Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 2 tbsps Coconut Aminos
- 1/2 tsp Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Goddess Salad Dressing
- 2 tbsps Kimchi
- 2 tbsps Mayonnaise
- 2 tbsps Pesto
- 2 tbsps Ranch Dressing
- 1 1/2 tsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1 tsp Sriracha
- 2 tbsps Tamari
- 1 tbsp Thai Red Curry Paste

## Cold

- 1/2 cup Cottage Cheese
- 1/3 cup Cow's Milk, Whole
- 2 Egg
- 1 1/4 cups Oat Milk
- 4 1/2 cups Plain Greek Yogurt
- 3 tbsps Sour Cream
- 1/2 cup Unsweetened Almond Milk

## Other

- 2 Nori Sheets
- 1/3 cup Vanilla Protein Powder

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1/4 cup Water



## Zucchini & Yogurt Protein Overnight Oats

2 servings

8 hours

### Ingredients

- 1/3 cup Cow's Milk, Whole
- 1 cup Oats
- 1 cup Plain Greek Yogurt
- 2 tsps Maple Syrup
- 1/4 Zucchini (small, grated)
- 1 tbsp Almond Butter
- 1/4 tsp Cinnamon
- 2 tsps Vanilla Protein Powder

### Directions

1

Add all of the ingredients to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately 1 1/3 cups.

**Additional Toppings:** Top with chocolate chips.

**Dairy-Free:** Use coconut yogurt and dairy-free milk.



## Blueberry Vanilla Protein Oats

2 servings

8 hours

### Ingredients

- 1 cup Oats
- 1 tbsp Chia Seeds
- 1 1/4 cups Oat Milk
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Blueberries
- 1 tbsp All Natural Peanut Butter
- 2 tbsps Pecans (chopped)

### Directions

- 1 In a large bowl or container combine the oats, chia seeds, and milk. Stir to combine. Place in the fridge for eight hours, or overnight.
- 2 After the oats have set, remove from the fridge and stir in the protein powder and ground flax until well combined. Add extra oat milk one tablespoon at a time if the oats are too thick.
- 3 Divide the oats evenly between bowls or containers and top with blueberries, peanut butter, and chopped pecans. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Peanut Butter:** Use other nut or seed butter instead.

**No Oat Milk:** Use other milk alternative instead.



## Strawberry Yogurt Chia Pudding

2 servings

35 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 3 tbsps All Natural Peanut Butter
- 1 1/3 tbsps Hemp Seeds

### Directions

- 1 Add the yogurt, chia seeds, almond milk, and strawberries to a medium-sized bowl. Stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes or until thickened.
- 3 When ready to serve, stir in the peanut butter and garnish with the hemp seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals about one cup.

**More Flavor:** Add a pinch of cinnamon or vanilla.

**Likes it Sweeter:** Add a drizzle of honey or maple syrup.

**Dairy-Free:** Use plant-based yogurt instead of Greek yogurt.



## Kimchi Avocado Toast with Eggs

1 serving  
10 minutes

### Ingredients

1/2 tsp Extra Virgin Olive Oil  
2 Egg (whisked)  
1/2 Avocado (medium, sliced)  
1 3/4 ozs Sourdough Bread (toasted)  
2 tbsps Kimchi  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the oil in a large pan over medium heat. Add the eggs to the pan and stir continuously. Keep pushing the eggs around the pan until fluffy and cooked to your desired consistency. Remove from the heat.
- 2 Add the avocado to the toast and top with the kimchi and eggs. Season with salt and pepper and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Make it Vegan:** Omit the eggs or use tofu scramble instead.

**Additional Toppings:** Chopped green onions.

**Gluten-Free:** Use gluten-free bread.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Turkey Ranch Mason Jar Salad

2 servings

15 minutes

### Ingredients

1/2 cup Israeli Couscous (dry)  
2 tbsps Ranch Dressing  
8 ozs Turkey Breast, Cooked (roughly chopped)  
1 Carrot (large, grated)  
1/2 cup Cherry Tomatoes (sliced)  
2 cups Baby Kale  
2 tbsps Pumpkin Seeds

### Directions

- 1 Cook the Israeli couscous according to package directions. Let it cool to room temperature.
- 2 Divide and layer the ingredients in a mason jar in the following order: ranch dressing, turkey breast, couscous, carrots, cherry tomatoes, baby kale, and pumpkin seeds.
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

**Leftovers:** Store in the fridge for up to three days.

**Serving Size:** 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

**More Flavor:** Season with salt, pepper, or your choice of herbs and spices.



## Turkey Pesto Wrap

1 serving

5 minutes

### Ingredients

1 tbsp Pesto  
1 Whole Wheat Tortilla (large)  
3 1/2 ozs Sliced Turkey Breast  
1/16 head Green Lettuce (leaves separated)  
1/2 Tomato (large, sliced)  
1/4 tsp Sea Salt

### Directions

- 1 Spread the pesto onto the tortilla.
- 2 Arrange the turkey, lettuce, and tomato on top. Season the tomatoes with salt. Roll tightly into a wrap, tucking in the sides, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to one wrap.

**More Flavor:** Grill the wrap after rolling.

**Additional Toppings:** Add avocado, cheese, and/or spinach.

**Gluten-Free:** Use a gluten-free tortilla instead.



## Open-Face Tuna Melt

2 servings

10 minutes

### Ingredients

- 1 can Tuna (drained and flaked)
- 2 stalks Celery (thinly sliced)
- 1/2 cup Plain Greek Yogurt
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Fresh Dill
- 1 tsp Garlic Powder
- 1 1/3 ozs Swiss Cheese (sliced or shredded)
- 2 slices Bread

### Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
- 2 In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
- 3 Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
- 4 Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
- 5 Remove from oven and enjoy!

### Notes

**Loaded Tuna Melt:** Add minced red onion, sliced tomato and avocado.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**Vegan and Vegetarian:** Use mashed chickpeas instead of tuna, avocado instead of yogurt and omit the cheese.

**Gluten-Free:** Use gluten-free bread or serve on a brown rice tortilla.



## Spicy Tuna Salad Box

1 serving  
15 minutes

### Ingredients

- 1 can Tuna (drained)
- 2 tbsps Mayonnaise
- 1 tsp Sriracha
- Sea Salt & Black Pepper (to taste)
- 1 stalk Celery (medium, finely chopped)
- 1 Carrot (small, peeled, grated)
- 2 Nori Sheets (quartered)
- 1/4 Cucumber (medium, sliced)
- 2 ozs Whole Grain Crackers

### Directions

- 1 In a bowl, mix the tuna, mayonnaise, sriracha, salt, and pepper. Add the celery and carrot and mix to combine.
- 2 Serve the tuna with the nori, cucumber, and crackers. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Mayonnaise:** Use Greek yogurt instead.

**Additional Toppings:** Green onion and/or cilantro.



## Chicken & Asparagus Stir Fry

2 servings

25 minutes

### Ingredients

- 1/3 cup Quinoa (dry, rinsed)
- 1 tbsp Sesame Oil
- 10 ozs Chicken Breast (boneless, skinless, thinly sliced)
- 2 cups Asparagus (trimmed, cut into small pieces)
- 2 Garlic (clove, minced)
- 2 tbsps Tamari
- 1 1/2 tsps Rice Vinegar
- 1 tbsp Sesame Seeds (toasted)

### Directions

- 1 Cook the quinoa according to the package directions. Set aside.
- 2 Heat the sesame oil in a large pan over medium heat. Add the chicken to the pan and cook until browned and cooked through, about five to seven minutes.
- 3 Add the asparagus to the pan and cook for an additional three to four minutes, until tender-crisp. Add the garlic and cook for one more minute.
- 4 Add the tamari, rice vinegar, and quinoa. Sprinkle with sesame seeds and toss to combine. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Try with broccoli instead of asparagus. Add bell peppers and kale.



## Rice Cakes with Peanut Butter & Chocolate

4 servings

20 minutes

### Ingredients

1/2 cup Dark Chocolate Chips  
1/2 tsp Coconut Oil  
1/4 cup All Natural Peanut Butter  
4 Plain Rice Cake  
1/4 tsp Sea Salt (flaky)

### Directions

- 1 Melt the chocolate chips and the coconut oil in a double boiler or in 30-second intervals in the microwave.
- 2 Spread the peanut butter onto each rice cake. Then, spread the chocolate onto each rice cake. Sprinkle with flaky sea salt and refrigerate for 10 minutes or until the chocolate has set. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is one rice cake.

**No Peanut Butter:** Use cashew butter or almond butter instead.



## Apple Slices with Peanut Butter Yogurt

1 serving

5 minutes

### Ingredients

3/4 cup Plain Greek Yogurt  
2 tbsps All Natural Peanut Butter  
1 Apple (cored and sliced)

### Directions

- 1 In a bowl, combine the yogurt with the peanut butter and mix well.
- 2 Serve with apple slices for dipping and enjoy!

### Notes

**Leftovers:** Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

**Serving Size:** One serving is approximately one cup of dip with one apple.

**Make it Vegan:** Use a plant-based yogurt alternative.

**More Flavor:** Add a drizzle of honey or maple syrup.

**Additional Toppings:** Add chocolate chips to the dip.



## Peanut Butter & Berry Toasted Wraps

1 serving

10 minutes

### Ingredients

2 tbsps All Natural Peanut Butter  
2 Corn Tortilla  
1/2 cup Raspberries  
1 tsp Extra Virgin Olive Oil  
1/2 cup Plain Greek Yogurt  
1/4 cup Blueberries  
1 tsp Hemp Seeds

### Directions

- 1 Assemble the wraps by dividing the peanut butter evenly down the middle of each tortilla. Divide the raspberries between each tortilla and mash with a fork.
- 2 Fold each side of the tortilla inward to close the wrap. Repeat with each tortilla.
- 3 Heat the oil in a pan over medium heat.
- 4 Working in batches as needed, place each tortilla folded side down in the pan and cook for two to three minutes. Gently flip and cook for one more minute.
- 5 Place the wraps onto a plate and top them with yogurt, blueberries, and hemp seeds. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is two wraps.

**Make it Vegan:** Use a plant-based yogurt alternative.

**More Flavor:** Top with maple syrup or raw honey. Cook in coconut oil to sweeten the flavor profile.

**Gluten-Free:** Use a gluten-free tortilla instead.

**No Peanut Butter:** Use another nut or seed butter.



## Cottage Cheese, Berry & Edamame Snack Box

1 serving  
10 minutes

### Ingredients

- 1/2 cup Cottage Cheese
- 1/4 cup Blueberries
- 1/4 cup Raspberries
- 1/2 cup Frozen Edamame (thawed)

### Directions

1

Arrange all of the ingredients on a plate or in a container with separate compartments. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 1/2 cup of cottage cheese, 1/2 cup of fruit, and 1/2 cup of edamame.

**Additional Toppings:** Add a pinch of sea salt to the edamame or a drizzle of honey over the cottage cheese.



## Slow Cooker White Chicken Chili

3 servings

4 hours 10 minutes

### Ingredients

- 1 Yellow Onion (small, chopped)
- 1 Garlic (clove, chopped)
- 1/4 cup Salsa Verde
- 3 cups Chicken Broth, Low Sodium
- 1/4 tsp Sea Salt
- 2 cups White Navy Beans
- 1 lb Chicken Breast (boneless, skinless)
- 3 tbsps Sour Cream
- 1 tbsp Cilantro (chopped)

### Directions

- 1 Add the onion, garlic, salsa, broth, salt, beans, and chicken to the slow cooker. Cover and cook on high for four hours or low for eight hours.
- 2 Remove roughly half of the liquid and beans from the slow cooker and blend in a blender or food processor until smooth. Add the mixture back to the slow cooker and mix with the rest of the chili. Shred the chicken.
- 3 Divide the chili evenly between bowls and garnish with sour cream and cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to three months.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Shredded cheese and/or hot sauce.

**Dairy-Free:** Omit the sour cream.



## Roasted Sweet Potato & Kale Salad with Salmon

2 servings

35 minutes

### Ingredients

- 1 Sweet Potato (medium, cut into fries)
- 1 Red Bell Pepper (medium, sliced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1/4 tsp Turmeric
- 1 tbsp Lemon Juice
- 2 cups Kale Leaves (chopped)
- 2 tbsps Pumpkin Seeds

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potato and bell pepper onto the baking sheet. Drizzle with 1/3 of the oil and season with salt and pepper. Bake for 15 minutes.
- 3 Remove from the oven and add the salmon to the sheet. Season the salmon with turmeric and salt to taste. Return the baking sheet to the oven and continue to bake for 12 to 15 minutes or until the salmon is cooked through and the vegetables are tender.
- 4 Meanwhile, in a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper.
- 5 In a large bowl, add the kale. Add a splash of the dressing and massage with your hands to soften the kale.
- 6 Divide the kale, salmon, and vegetables evenly between plates. Top with pumpkin seeds and serve with the dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately 1 1/2 cup of salad with salmon and dressing.



## Brown Rice, Chicken & Edamame Bowl

2 servings

40 minutes

### Ingredients

1/2 cup Brown Rice (dry, rinsed)  
10 ozs Chicken Breast (boneless, skinless)  
5 Cremini Mushrooms (quartered)  
1/2 Red Bell Pepper (medium, chopped)  
1 tbsp Extra Virgin Olive Oil  
1 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Frozen Edamame (defrosted)  
1/4 cup Green Goddess Salad Dressing

### Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Place the chicken, mushrooms, and bell pepper onto the baking sheet. Drizzle with oil and lemon juice. Season with salt and pepper and toss to combine.
- 4 Cook in the oven for 20 to 25 minutes or until everything is cooked through. Slice the chicken.
- 5 Divide the rice, chicken, bell pepper, mushrooms, and edamame between bowls. Serve with the dressing and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1/2 cup brown rice and 1 1/2 cups veggies with chicken and dressing.

**More Flavor:** Add Italian seasoning to the vegetables and chicken.

**Additional Toppings:** Top with chopped parsley or green onion.

**No Green Goddess Salad Dressing:** Use cilantro lime dressing instead.



## Thai Red Curry Chicken & Broccoli

3 servings

35 minutes

### Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1 tbsp Thai Red Curry Paste
- 1/4 cup Water
- 6 cups Broccoli (florets)
- 1 tbsp Cilantro (chopped)

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Place the chicken thighs in the baking dish. Mix the red curry paste and water together and pour over the chicken to coat it well. Place in the oven and cook for 25 minutes or until the chicken is cooked through.
- 3 Meanwhile, steam the broccoli for three to five minutes or until it is bright green and tender-crisp.
- 4 Serve the chicken with the broccoli and garnish with cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is one chicken thigh and two cups of broccoli.

**Serve it With:** As is or with rice or quinoa.



## Spicy Lime Chicken Coleslaw Salad

2 servings

25 minutes

### Ingredients

- 8 ozs Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lime Juice
- 2 tbsps Coconut Aminos
- 1/2 tsp Raw Honey
- 1/4 tsp Red Pepper Flakes
- 2 cups Coleslaw Mix
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Almonds (roasted, chopped)

### Directions

- 1 Add the chicken to a pot. Cover the chicken with about one inch (2.5 cm) of water. Bring to a boil then reduce the heat to a simmer, partially covered for 10 to 12 minutes or until the chicken is cooked through. Place the cooked chicken into a bowl and shred it with two forks. Set aside to cool.
- 2 Meanwhile, whisk together the olive oil, lime juice, coconut aminos, honey, and red pepper flakes in a large bowl, until well combined.
- 3 Add the coleslaw mix, green onions, cilantro, and almonds. Toss gently to ensure all the ingredients are well coated. Stir in the chicken.
- 4 Divide the salad evenly between bowls or plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add hot sauce and/or sea salt and black pepper. Use sesame oil instead of olive oil.