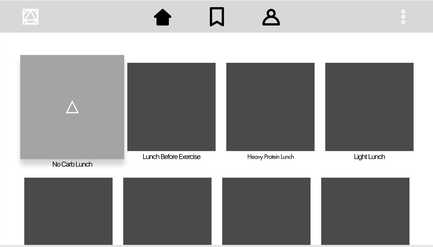
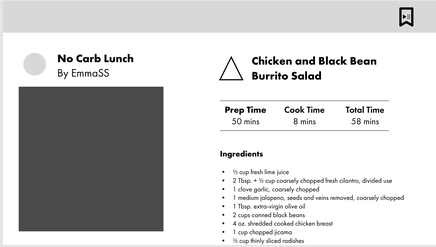
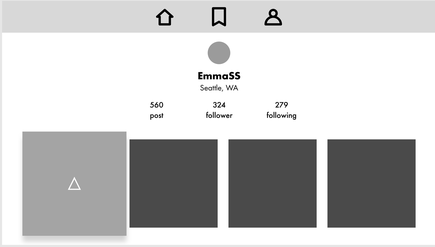
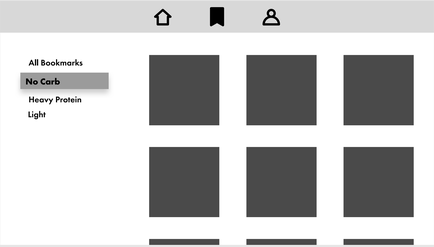
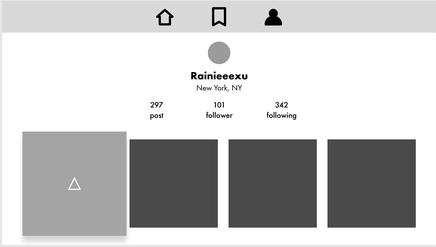
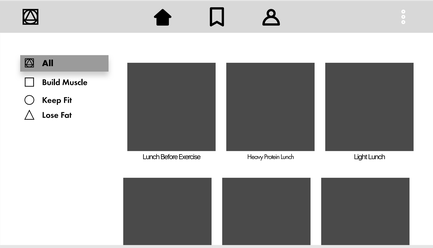

No Carb Lunch
Lunch Before Exercise
Heavy Protein Lunch
Light Lunch

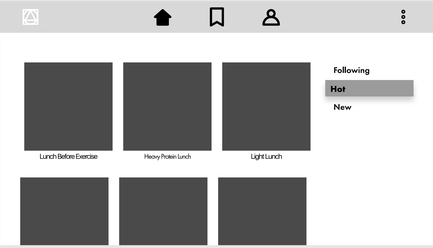

No Carb Lunch
By EmmaSS
Chicken and Black Bean Burrito Salad
Prep Time 50 mins
Cook Time 8 mins
Total Time 58 mins
Ingredients
½ cup fresh lime juice
2 Tbsp. + ½ cup coarsely chopped fresh cilantro, divided use
1 clove garlic, coarsely chopped
1 medium jalapeno, seeds and veins removed, coarsely chopped
1 Tbsp. extra-virgin olive oil
2 cups canned black beans
4 oz. shredded cooked chicken breast
1 cup chopped jicama
½ cup thinly sliced radishes

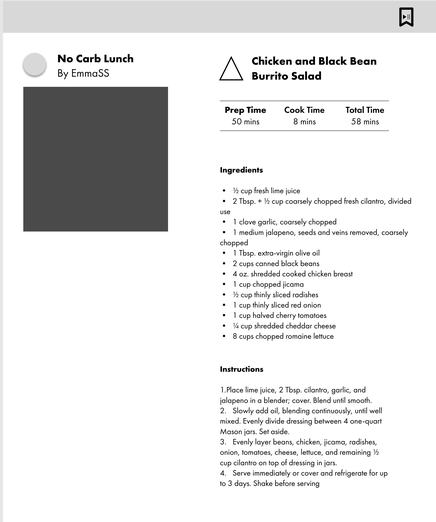

EmmaSS
Seattle, WA
560 post
324 follower
279 following


All Bookmarks
No Carb
Heavy Protein
Light


Rainieeexu
New York, NY
297 post
101 follower
342 following


All
Build Muscle
Keep Fit
Lose Fat
Lunch Before Exercise
Heavy Protein Lunch
Light Lunch


Following
Hot
New
Lunch Before Exercise
Heavy Protein Lunch
Light Lunch


No Carb Lunch
By EmmaSS
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Cook Time 8 mins
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1 clove garlic, coarsely chopped
1 medium jalapeno, seeds and veins removed, coarsely chopped
1 Tbsp. extra-virgin olive oil
2 cups canned black beans
4 oz. shredded cooked chicken breast
1 cup chopped jicama
½ cup thinly sliced radishes
1 cup thinly sliced red onion
1 cup halved cherry tomatoes
½ cup shredded cheddar cheese
8 cups chopped romaine lettuce
Instructions
1.Place lime juice, 2 Tbsp. cilantro, garlic, and jalapeno in a blender; cover. Blend until smooth.
2. Slowly add oil, blending continuously, until well mixed. Evenly divide dressing between 4 one-quart Mason jars. Set aside.
3. Evenly layer beans, chicken, jicama, radishes, onion, tomatoes, cheese, lettuce, and remaining ½ cup cilantro on top of dressing in jars.
4. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving