

## Lunch: Grilled Chicken Caesar Salad

### Ingredients:

- 4 boneless, skinless chicken breasts
- 8 cups Romaine lettuce, chopped
- 1/2 cup grated Parmesan cheese
- 1/4 cup Caesar dressing (check for low-carb options)
- 2 tablespoons olive oil
- Salt and pepper to taste

### Instructions:

1. Season the chicken breasts with salt and pepper.
2. Heat olive oil in a grill pan over medium-high heat.
3. Grill the chicken breasts for 5-7 minutes on each side, or until fully cooked.
4. Let the chicken rest for a few minutes, then slice.
5. In a large bowl, combine chopped Romaine lettuce, Parmesan cheese, and Caesar dressing.
6. Top with sliced grilled chicken and serve.

### Macros (per serving):

- Calories: 360
- Fat: 24g
- Protein: 34g
- Carbs: 4g

- Fiber: 2g
- Net Carbs: 2g