

Your Precision Nutrition Plan



Your Details

Report ID: 6DcVVnSwXjbmV5iuPwMx**Report Date:** 04/04/2025**Date of birth:** 06/03/1959**Sex at birth:** Female

About your dietary preference

Welcome to your vivaBALANCE Precision Nutrition Plan, your personalised roadmap to enhanced wellbeing. Our approach takes into account your dietary preferences for a Mediterranean-style cuisine, so it is rich in vibrant whole foods, healthy fats, and lean proteins.

Crucially, this plan is deeply customised. It's meticulously tailored from your unique biological data to meet your specific nutrient requirements, with a focus on optimising the absorption of key vitamins and micronutrients vital for you.

We aim to gently ease you into this new dietary lifestyle, supporting you as you adapt.

This is a dynamic journey; your plan is designed to evolve. As we learn alongside you and monitor your progress via further surveys on your progress, we will make thoughtful adjustments over the coming months. This iterative, precision approach ensures truly targeted support for your long-term health and vitality. We invite you to explore the details within.

Your key nutrition and lifestyle considerations

Personalisation:	This is a sample plan. Modify it based on your preferences, dietary restrictions, allergies, and seasonal produce availability (considering it's May in Victoria - autumn produce is emphasized).	Hydration:	<ul style="list-style-type: none">• Drink plenty of water throughout the day (aim for 8 glasses or ~2 litres). Herbal teas also contribute.• Alcohol & Caffeine: Consume responsibly and be aware of health guidelines. You can omit or adjust these if preferred.
Target daily energy needs:	8000 kJ (~1912 kcal) is an estimate. Individual energy needs depend on age, activity level, metabolic rate, and health goals. Adjust portion sizes as needed to meet your specific requirements.	Coffee:	<ul style="list-style-type: none">• Yes - 1 per day.• Discuss with your doctor if you are sensitive or if it interacts with your medication.
Nutrient optimisation:	This plan incorporates foods rich in the target nutrients and considers absorption factors (e.g., healthy fats for fat-soluble Co-Q-10 and Omega-3s). However, it's not a therapeutic plan for deficiencies.	Alcohol:	<ul style="list-style-type: none">• Yes - 7 glasses per week.• Include 2 consecutive alcohol free days.• Alcohol can interact with medications for anxiety (especially benzodiazepines) and other conditions. Please discuss alcohol consumption with your doctor.• Consume alcohol responsibly and be aware of health guidelines. You can omit alcohol if preferred.
Preparation:	<ul style="list-style-type: none">• Herbs & Spices: Use generously for flavour instead of excess salt.• Use extra virgin olive oil for dressings and moderate cooking. Season with herbs, spices, lemon juice, and garlic instead of excessive salt. Soaking legumes and whole grains before cooking can improve nutrient absorption (including magnesium) by reducing phytates.	Vitamin C/Acidic Foods:	For ADHD stimulant medication, high doses of Vitamin C or very acidic foods/drinks taken around the same time can sometimes reduce absorption. This plan spaces out or uses less acidic sources of Vitamin C.

Foods & Factors to Prioritise & Avoid, Plus Tips For Optimal Absorption For Your Target Nutrients:

Coenzyme-Q-10 (Co-Q-10)

Consume:	<ul style="list-style-type: none"> • Oily Fish: Salmon, mackerel, sardines, herring. • Meat: Beef (especially heart and liver, if consumed), chicken (especially dark meat and heart). • Nuts & Seeds: Pistachios, sesame seeds, peanuts. • Vegetables: Spinach, broccoli, cauliflower. • Legumes: Soybeans (edamame, tofu). • Oils: Soybean and canola oil contain some.
Absorption Tips:	<ul style="list-style-type: none"> • Consume with Healthy Fats: This is crucial. These nutrients are absorbed along with dietary fats. • Action: Include sources like extra virgin olive oil (in dressings or for cooking), avocado, nuts, seeds, or the healthy fats naturally present in oily fish or meats when consuming these nutrients. For example, eat salmon (CoQ10, Omega-3, Vit D) which contains its own fat, or take a Vitamin D supplement with a meal that includes some fat.
Avoid:	<ul style="list-style-type: none"> • Statins (Medication): Be Aware (Consult Doctor). Statin medications are known to deplete Co-Q-10 levels in the body (this is not an absorption issue but affects status). If you take statins, discuss Co-Q-10 with your doctor. • No specific foods are known to significantly block Co-Q-10 absorption, other than lack of dietary fat.

Carnitine

Consume:	<ul style="list-style-type: none"> • Red Meat (Richest Sources): Beef (steak, mince), lamb. • Poultry: Chicken (especially dark meat), turkey. • Fish: Cod, haddock. • Dairy Products: Milk, cheese, yogurt. • Smaller amounts in plant sources: Asparagus, avocado, tempeh. • Your body also synthesizes carnitine from the amino acids lysine and methionine, provided there's adequate Vitamin C, B3, B6, and iron
Absorption Tips:	<ul style="list-style-type: none"> • Generally Well-Absorbed from Food: Carnitine from food sources is typically absorbed efficiently. • Ensure Cofactors for Synthesis: For your body's own production of carnitine, ensure your diet is rich in lysine and methionine (found in protein-rich foods) and cofactors like Vitamin C, B-vitamins (especially B3 and B6), and iron. A balanced, varied diet usually covers these.
Avoid:	No specific foods are generally recognized as significantly blocking carnitine absorption from dietary sources. Focus is on adequate intake of carnitine-rich foods and the precursors/cofactors needed for synthesis.

Vitamin D

Sunlight Exposure (Primary Source):	Your body synthesizes Vitamin D when your skin is exposed to UVB rays. Aim for safe, moderate sun exposure on bare skin (avoiding peak UV times to prevent burning). This is the most effective way to increase Vitamin D levels.
Consume:	<ul style="list-style-type: none"> • Oily Fish: Salmon, mackerel, sardines, herring, tuna. • Egg Yolks. • Beef Liver (consume in moderation). • Fortified Foods (Australia): Some margarines are fortified by law. Some milks, yogurts, plant-based milk alternatives, and orange juices may be voluntarily fortified (check labels).
Absorption Tips:	<ul style="list-style-type: none"> • Consume with Healthy Fats: This is crucial. These nutrients are absorbed along with dietary fats. • Action: Include sources like extra virgin olive oil (in dressings or for cooking), avocado, nuts, seeds, or the healthy fats naturally present in oily fish or meats when consuming these nutrients. For example, eat salmon (CoQ10, Omega-3, Vit D) which contains its own fat, or take a Vitamin D supplement with a meal that includes some fat.
Avoid:	<ul style="list-style-type: none"> • Insufficient Magnesium Intake: Ensure Adequacy. Magnesium is essential to convert Vitamin D into its active form. Low magnesium status can impair Vitamin D utilization, even if intake/synthesis seems adequate. • No specific foods are known to significantly block Vitamin D absorption, other than lack of dietary fat.

Omega-3 Fatty Acids (EPA, DHA & ALA)

Consume:	<ul style="list-style-type: none"> • Oily Fish (Richest in EPA & DHA): Salmon, mackerel, sardines, herring, tuna (especially albacore), but be mindful of mercury if consuming frequently). • Nuts & Seeds (Source of ALA, a precursor): Walnuts, flaxseeds (ground for best absorption), chia seeds, hemp seeds. • Other: Seaweed and algae (direct source of EPA/DHA for vegetarians/vegans or as supplements).
Absorption Tips:	<ul style="list-style-type: none"> • Consume with Healthy Fats: This is crucial. These nutrients are absorbed along with dietary fats. • Action: Include sources like extra virgin olive oil (in dressings or for cooking), avocado, nuts, seeds, or the healthy fats naturally present in oily fish or meats when consuming these nutrients. For example, eat salmon (CoQ10, Omega-3, Vit D) which contains its own fat, or take a Vitamin D supplement with a meal that includes some fat.
Avoid:	Excessive Omega-6 Fatty Acid Intake (Poor Ratio): Limit. While some Omega-6 is essential, a high intake relative to Omega-3s (common in diets high in processed foods using corn, soybean, sunflower oils excessively) can promote inflammation and potentially compete for metabolic enzymes. Aim for a better balance by increasing Omega-3 sources (especially oily fish) and reducing reliance on processed foods and refined vegetable oils.



Magnesium

Consume:	<p>Leafy Green Vegetables: Spinach, kale, Swiss chard.</p> <p>Nuts & Seeds: Almonds, cashews, pumpkin seeds, chia seeds, flaxseeds.</p> <p>Legumes: Black beans, chickpeas, lentils, edamame.</p> <p>Whole Grains: Oats, quinoa, brown rice, whole-wheat bread.</p> <p>Other: Avocado, dark chocolate (70%+ cacao), tofu, some fish (e.g., salmon, mackerel).</p>
Absorption Tips:	<ul style="list-style-type: none"> • Ensure adequate Vitamin D intake, as Vitamin D helps with magnesium absorption. • Soaking, sprouting, or fermenting legumes, nuts, and grains can reduce phytic acid, which may slightly improve magnesium absorption. • Cook magnesium-rich leafy greens like spinach to reduce oxalate content, which can slightly hinder absorption (though they remain excellent sources).
Avoid:	<ul style="list-style-type: none"> • High Intake of Unprepared Phytate-Rich Foods: Be Mindful/Consider Preparation. Phytates in large amounts of unsoaked/unsprouted whole grains, legumes, nuts, and seeds can bind to magnesium, reducing absorption. While these foods are vital magnesium sources, if absorption is a specific concern, use preparation methods like soaking, sprouting, or fermenting to reduce phytate levels. • High Intake of Raw Oxalate-Rich Foods: Be Mindful (Especially if Prone to Kidney Stones or Severe Deficiency). Oxalates (very high in spinach, rhubarb, beet greens) can bind magnesium. Cooking significantly reduces oxalate content. For most people, the nutritional benefits (including magnesium content) of these foods outweigh this factor. • Excessive Phosphate Additives: Limit. Found in dark sodas, processed meats, and other highly processed foods. High phosphate intake can potentially disrupt magnesium (and calcium) balance. • Excessive Supplemental Calcium/Zinc/Iron: Avoid taking simultaneously with Magnesium supplements. High doses of these mineral supplements can compete with magnesium supplements for absorption pathways. This is less of a concern with balanced whole food intake.

Excessive Intake of Unprocessed Phytates and Oxalates

Why:	<ul style="list-style-type: none"> • Phytates (found in husks of grains, legumes, nuts, seeds) can bind to minerals like magnesium, iron, zinc, and calcium, potentially reducing their absorption if consumed in very large quantities without preparation. • Oxalates (high in spinach, rhubarb, beetroot greens, nuts) can bind to calcium and, to a lesser extent, magnesium.
Mitigation:	<ul style="list-style-type: none"> • Soaking, sprouting, fermenting, or leavening these foods significantly reduces phytate content. Remember, these foods are also excellent sources of these minerals. • Cooking reduces oxalates. For most people, the benefits of eating these nutrient-dense foods outweigh concerns. Pair with calcium-rich foods if concerned (though this is more for calcium absorption itself).

Tannins (in Tea and Coffee)

Why:	Can bind to non-heme iron (from plants) and to a lesser extent other minerals like zinc and potentially magnesium.
Mitigation:	If your mineral status is a concern, avoid drinking tea or coffee with your main meals. Allow a gap of at least an hour before or after.

Excessive Alcohol

Why:	Can impair the absorption and increase the excretion of many B vitamins (especially thiamin, B6, folate), magnesium, and other nutrients. Limit intake.
-------------	---

Highly Processed Foods

Why:	These are often low in essential micronutrients and can contain additives or unhealthy fats that don't support optimal nutrient absorption or overall health.
-------------	---



7-Day Meal plan

Your 7-day Mediterranean-style meal plan is designed for a female targeting approximately 8,000 kJ per day. It incorporates foods rich in CoQ10, Omega-3 fatty acids, Magnesium, and Carnitine, and optimizes their absorption where possible. This plan includes 1 coffee per day and distributes 7 glasses of wine across the week. Remember to prioritise whole, unprocessed foods, and enjoy your meals!

Day 1: ~7,800 KJ

Breakfast: ~1,800 KJ	1 cup Greek yogurt topped with 1/2 cup mixed berries, 1/4 cup walnuts, and 1 tsp honey or maple syrup. Nutrients: Mg (yogurt, walnuts), Omega-3 (walnuts), Carnitine (dairy), healthy fats (walnuts).
Lunch: ~2,200 KJ	Large mixed greens salad (spinach, rocket) with 1 cup chickpeas, cucumber, cherry tomatoes, 1/4 avocado, olives, 30g feta cheese, and lemon-tahini dressing (tahini provides Mg). Topped with 100g grilled chicken breast. Nutrients: Mg (greens, chickpeas, feta, tahini, avocado), Carnitine (chicken, feta), healthy fats (avocado, olives, tahini).
Snack: ~1,000 KJ	1 medium apple with 2 tbsp almond butter. Nutrients: Mg (almond butter), healthy fats.
Dinner: ~2,800 KJ	120g baked Salmon fillet with 1 cup roasted broccoli and 1 cup roasted sweet potato cubes (roasted with olive oil, lemon juice, herbs). Nutrients: Omega-3 (salmon), Co-Q-10 (salmon, broccoli), Carnitine (salmon), Mg (broccoli, sweet potato), healthy fats (salmon, olive oil – aids Co-Q-10/Omega-3 absorption).
Hydration:	1 x Black Coffee or Tea 1 x glass of wine (150ml) ~2 litres of water (include any cups of herbal tea)

Day 2: ~7,800 KJ

Breakfast: ~1,900 KJ	1/2 cup rolled oats cooked with water or milk, topped with 1 tbsp chia seeds, 1/2 sliced banana, and 1 tbsp pumpkin seeds. Nutrients: Mg (oats, chia, pumpkin seeds), Omega-3 (chia seeds).
Lunch: ~2,500 KJ	Leftover baked salmon, roasted broccoli, and sweet potato. Nutrients: As per Day 1 dinner
Snack: ~800 KJ	Small handful (30g) almonds and 1 pear. Nutrients: Mg (almonds), healthy fats.
Dinner: ~2,600 KJ	Large bowl of homemade lentil soup (using 1 cup cooked lentils, carrots, celery, onions, spinach, tomatoes, vegetable broth, herbs). Serve with 1 slice of whole-grain sourdough bread dipped in 1 tbsp extra virgin olive oil. Nutrients: Mg (lentils, spinach, bread), Co-Q-10 (spinach), healthy fats (olive oil).
Hydration:	1 x Black Coffee or Tea 1 x glass of wine (150ml) ~2 litres of water (include any cups of herbal tea)

Day 3: ~7,800 KJ

Breakfast: ~1,800 KJ	2 scrambled eggs cooked with 1 cup spinach and mushrooms in 1 tsp olive oil. Serve with 1 slice whole-grain toast. Nutrients: Carnitine (eggs), Mg (spinach, toast), CoQ10 (spinach), healthy fats (olive oil).
Lunch: ~2,300 KJ	Tuna salad (100g canned tuna in olive oil/springwater, drained) mixed with 2 tbsp Greek yogurt, chopped celery, red onion. Served in 1 whole-wheat pita with lettuce. Nutrients: Omega-3 (tuna), Carnitine (tuna, yogurt), Mg (pita, yogurt), healthy fats (tuna if in oil).
Snack: ~700 KJ	1/2 cup Greek yogurt with 1/4 cup blueberries. Nutrients: Mg (yogurt), Carnitine (dairy).
Dinner: ~3,000 KJ	120g Chicken skewers (marinated in lemon, garlic, herbs, olive oil) grilled with cherry tomatoes, bell peppers, zucchini. Served with 1 cup cooked quinoa. Nutrients: Carnitine (chicken), Mg (quinoa), healthy fats (olive oil).
Hydration:	1 x Black Coffee or Tea 1 x glass of wine (150ml) ~2 litres of water (include any cups of herbal tea)

Day 4: ~8,000 KJ

Breakfast: ~1,900 KJ	Smoothie: 1 cup unsweetened almond milk, 1 cup spinach, 1/4 avocado, 1 tbsp chia seeds, 1 scoop protein powder (optional), 1/2 banana. Nutrients: Mg (spinach, avocado, chia), Omega-3 (chia), CoQ10 (spinach), healthy fats (avocado, chia), Carnitine (avocado-trace).
Lunch: ~2,500 KJ	Leftover chicken skewers and quinoa. Nutrients: As per Day 3 dinner.
Snack: ~800 KJ	1 hard-boiled egg and 1 orange. Nutrients: Carnitine (egg).
Dinner: ~2,800 KJ	120g baked Sardines (rich source) with lemon and herbs. Served with a large Greek salad (mixed greens, cucumber, tomatoes, olives, 30g feta, lemon-olive oil dressing). 1 glass (150ml) white wine. Nutrients: Omega-3 (sardines), CoQ10 (sardines), Carnitine (sardines, feta), Mg (greens, feta), healthy fats (sardines, olives, olive oil – aids CoQ10/Omega-3 absorption).
Hydration:	1 x Black Coffee or Tea 1 x glass of wine (150ml) ~2 litres of water (include any cups of herbal tea)



Day 5: ~8,000 Kj

Breakfast: ~1,700 Kj	1 slice whole-grain toast topped with 1/2 mashed avocado, sprinkle of chilli flakes and 1 tbsp pumpkin seeds. Nutrients: Mg (toast, avocado, pumpkin seeds), healthy fats (avocado), Carnitine (avocado-trace).
Lunch: ~2,300 Kj	Large bowl of leftover lentil soup. Nutrients: As per Day 2 dinner.
Snack: ~900 Kj	1/2 cup cottage cheese with 1/2 cup chopped cucumber and cherry tomatoes. Nutrients: Carnitine (dairy), Mg (cottage cheese).
Dinner: ~3,100 Kj	1.5 cups cooked wholewheat pasta with homemade tomato & basil sauce, loaded with 1.5 cups mixed vegetables (e.g., eggplant, zucchini, spinach) and 1/2 cup chickpeas. Topped with 1 tbsp Parmesan cheese and a drizzle of olive oil. Nutrients: Mg (pasta, spinach, chickpeas, Parmesan), Co-Q-10 (spinach), Carnitine (Parmesan), healthy fats (olive oil).
Hydration:	1 x Black Coffee or Tea 1 x glass of wine (150ml) ~2 litres of water (include any cups of herbal tea)

Day 6: ~8,000 Kj

Breakfast: ~1,800 Kj	1 cup Greek yogurt with 1/2 sliced pear, 1 tbsp flaxseeds, and 1/4 cup chopped almonds. Nutrients: Mg (yogurt, almonds), Omega-3 (flaxseeds), Carnitine (dairy), healthy fats (flax, almonds).
Lunch: ~2,600 Kj	Leftover wholewheat pasta with vegetable sauce. Nutrients: As per Day 5 dinner.
Snack: ~1,000 Kj	30g dark chocolate (70%+ cacao) and small handful (30g) walnuts. Nutrients: Mg (dark chocolate, walnuts), Omega-3 (walnuts), healthy fats (walnuts).
Dinner: ~2,600 Kj	100g grilled Lamb chop (lean cut) with rosemary. Served with 1 cup roasted cauliflower (tossed in olive oil) and a side salad with lemon vinaigrette. Nutrients: Carnitine (lamb), Co-Q-10 (cauliflower), Mg (cauliflower), healthy fats (olive oil - aids CoQ10 absorption).
Hydration:	1 x Black Coffee or Tea 1 x glass of wine (150ml) ~2 litres of water (include any cups of herbal tea)

Day 7: Sunday ~7,800 Kj

Breakfast: ~1,900 Kj	1/2 cup rolled oats cooked with water/milk, topped with 1/2 cup mixed berries, 1 tbsp chia seeds. Nutrients: Mg (oats, chia seeds), Omega-3 (chia seeds).
Lunch: ~2,400 Kj	Large salad: mixed greens, 100g canned salmon (drained), 1/2 cup cannellini beans, cucumber, tomatoes, olives. Dressed with 1 tbsp olive oil and vinegar. Nutrients: Mg (greens, beans), Omega-3 (salmon), CoQ10 (salmon), Carnitine (salmon), healthy fats (salmon, olives, olive oil).
Snack: ~800 Kj	1 apple with 30g slice of cheddar or similar hard cheese. Nutrients: Carnitine (dairy).
Dinner: ~3,000 Kj	Vegetable Frittata (made with 2 eggs, 1 cup spinach, 30g feta cheese, chopped onion/peppers, cooked in 1 tsp olive oil). Served with a side salad. Nutrients: Carnitine (eggs, feta), Mg (spinach, feta), CoQ10 (spinach), healthy fats (olive oil).
Hydration:	1 x Black Coffee or Tea 1 x glass of wine (150ml) ~2 litres of water (include any cups of herbal tea)





Vegetarian Chili

Here's a recipe for a hearty and flavourful vegetarian chili, perfect for a satisfying dinner, served with brown rice and a simple side salad. Enjoy!

Ingredients

Vegetarian Chili	1 tablespoon olive oil 1 large onion, chopped 2 bell peppers (any color), chopped 2 cloves garlic, minced 1 (15-ounce) can diced tomatoes, undrained 1 (15-ounce) can tomato sauce 1 (15-ounce) can black beans, rinsed and drained 1 (15-ounce) can kidney beans, rinsed and drained 1 (15-ounce) can corn, drained 1-2 tablespoons chili powder (adjust to taste) 1 teaspoon cumin 1/2 teaspoon smoked paprika 1/4 teaspoon cayenne pepper (optional, for heat) 1/2 teaspoon salt (or to taste) 1/4 teaspoon black pepper (or to taste) 1 cup vegetable broth Optional toppings: shredded cheddar cheese, sour cream, avocado, cilantro, lime wedges
-------------------------	---

Brown Rice	1 cup brown rice 2 cups water or vegetable broth Pinch of salt
Side Salad	4 cups mixed greens 1 cucumber, sliced 1 cup cherry tomatoes, halved Dressing: 2 tablespoons olive oil, 1 tablespoon lemon juice, salt, and pepper

Tips and Variations

- Add other vegetables: Carrots, celery, or zucchini can be added to the chili.
- Use different beans: You can use pinto beans or cannellini beans instead of or in addition to black and kidney beans.
- Add some leafy greens to the chili near the end of the cooking process.
- Add some diced sweet potato to the chili.
- Add a bay leaf during the simmering process, remove it before serving.

Method

Vegetarian Chili

1

- Sauté Vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add the chopped onion and bell peppers and cook until softened, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.
- Add Canned Ingredients and Spices:** Stir in the diced tomatoes, tomato sauce, black beans, kidney beans, corn, chili powder, cumin, smoked paprika, cayenne pepper (if using), salt, and pepper.
- Simmer:** Pour in the vegetable broth and bring to a simmer. Reduce the heat to low, cover, and let it simmer for at least 20-30 minutes, or longer for a richer flavor. Stir occasionally.
- Adjust Seasoning:** Taste and adjust the seasoning as needed. Add more chili powder for a spicier chili.
- Serve:** Ladle the chili into bowls and top with your favorite toppings (shredded cheese, sour cream, avocado, cilantro, lime wedges).

Brown Rice

2

- Cook Rice:** Rinse the brown rice. In a medium saucepan, combine the rice, water or vegetable broth, and a pinch of salt.
- Simmer:** Bring to a boil, then reduce the heat to low, cover, and simmer for 40-45 minutes, or until the rice is tender and the liquid is absorbed.
- Fluff:** Remove from heat and fluff with a fork.

Side Salad

3

- Assemble Salad:** In a bowl, combine the mixed greens, sliced cucumber, and halved cherry tomatoes.
- Make Dressing:** In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
- Dress Salad:** Drizzle the dressing over the salad and toss gently.

Serve

4

1. Serve the vegetarian chili over a bed of brown rice.
2. Serve the side salad alongside the chili and rice.



Grilled Chicken, salad and lemon dressing

Here's a recipe for a large, satisfying salad with grilled chicken, chickpeas, spinach, tomatoes, cucumbers, and olive oil dressing, designed for a nutritious and delicious lunch. Enjoy!

Ingredients

Salad	6 ounces boneless, skinless chicken breast 1 tablespoon olive oil (for grilling) 1 (15-ounce) can chickpeas, rinsed and drained 5 ounces fresh spinach 1 cup cherry tomatoes, halved 1 medium cucumber, diced Optional: red onion (thinly sliced), bell peppers (diced), feta cheese (crumbled), kalamata olives.
--------------	---

Dressing	3 tablespoons extra virgin olive oil 2 tablespoons lemon juice (freshly squeezed) 1 teaspoon Dijon mustard 1 clove garlic, minced (optional) Salt and freshly ground black pepper to taste
-----------------	--

Method

Prepare the Chicken

1

- Preheat a grill pan or outdoor grill to medium-high heat.
- Brush the chicken breast with 1 tablespoon of olive oil.
- Season with salt and pepper.
- Grill the chicken for about 6-8 minutes per side, or until cooked through. Let it rest for a few minutes before slicing 1 or shredding.

Prepare the Salad Ingredients

2

- While the chicken is grilling, prepare the other salad ingredients.
- Rinse and drain the chickpeas.
- Wash the spinach thoroughly.
- Halve the cherry tomatoes.
- Dice the cucumber.
- If using optional ingredients, prepare them now.

Make the Dressing

3

- In a small bowl, whisk together the extra virgin olive oil, lemon juice, Dijon mustard, and minced garlic (if using).
- Season with salt and pepper to taste.

Assemble the Salad

4

- In a large bowl, combine the spinach, chickpeas, cherry tomatoes, and diced cucumber.
- Add the grilled chicken, sliced or shredded.
- If using optional ingredients, add them at this stage.
- Drizzle the dressing over the salad.
- Toss gently to combine.

Serve

5

Serve the salad immediately.

Tips and Variation

- **Protein Alternatives:** You can substitute grilled chicken with grilled shrimp, fish, or tofu for a vegetarian option.
- **Add Grains:** For a heartier salad, add cooked quinoa, farro, or brown rice.
- **Customize Your Dressing:** Experiment with different herbs, spices, or vinegars to create your own unique dressing.
- **Make it Ahead:** You can prepare the grilled chicken and dressing ahead of time. Store them separately in the refrigerator. Assemble the salad just before serving.
- **Add Herbs:** Fresh herbs like parsley, dill, or mint can add a burst of flavor to the salad.