



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Quarter apple and remove core. Cut apple into ¼" slices. In a mixing bowl, toss spinach, vinaigrette, and apple. Garnish with almonds and goat cheese, crumbling with your hands if needed. Bon appétit!

Customize It Instructions

- If using roasted chicken breast, place chicken in a microwave-safe bowl and microwave until warm, 1-2 minutes. Add to salad and toss.
- If using whole chicken breasts, pat dry, and season both sides with pinch salt and a pinch pepper. Place a medium non-stick pan over medium heat and add 1 tsp. olive oil. Add chicken to hot pan, and cook until browned and chicken reaches a minimum internal temperature, 5-7 minutes per side. Slice into ¼" pieces and serve on salad.

In your box

5 oz. Baby Spinach
½ oz. Sliced Almonds
1 Fuji Apple
3 oz. Balsamic Vinaigrette
2 oz. Goat Cheese

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Fully Cooked Roasted Chicken Breast
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (almonds)



Entrée Salads

Apple and Goat Cheese Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 317, Carbohydrates: 21g, Fat: 22g, Protein: 8g, Sodium: 650mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

5-10 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy