



Keto Paleo Mediterranean Chef's Salad

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

407.1 calories, 11.96 g carbohydrate, 6.87 g fiber, 5.09 g NET carbs, 23.51 g protein, 31.83 g fat

Ingredients

- 1 can Wild Planet Sardines in Olive Oil
- 2 large(s) organic eggs
- 1/2 cup(s) cherry organic cherry tomatoes, halved
- 1/2 medium(s) organic avocado, sliced
- 1/4 small(s) red onion, thinly sliced
- 4 cup(s) shredded organic Romaine lettuce
- 2 Tbsp(s) organic walnuts, chopped

Preparation

1. First, soft boil the eggs. Add 6 cups of water to a medium pot. Bring to a boil. Add eggs. Boil 3-4 minutes. Remove from heat, allow to cool.
2. Arrange mixed greens on serving plates.
3. Drain the sardines and quarter the cooled eggs.
4. Top with red onion, avocado, tomatoes, sardines, eggs and walnuts.
5. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.