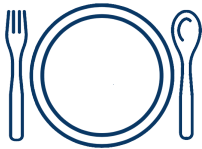


CHICKEN, KALE AND SQUASH ONE-POT MEAL



SERVES
4-6



PREP TIME
10 MIN



COOK TIME
20 MIN



TRANSITIONS
ALL + DETOX*

INGREDIENTS

1 lb pre-cooked organic, pastured chicken (*shredded or cut into pieces*)

3 organic yellow neck squash (*cut into ¼ inch pieces*)

15 oz organic baby kale

3 Tbls organic virgin olive oil

Pink Himalayan sea salt

½ cup organic chicken bone broth

Splash of lemon juice

a colorful blend of summer squash and kale pair perfectly with chicken and a hint of lemon to make a quick, satisfying, one-pot meal

In a large pot on medium-high heat, add chicken broth, squash, chicken, kale and salt.

Cook for 10-15 minutes with lid on until squash is tender. Stir every 5 minutes to prevent burning.

Once squash is tender, add olive oil and lemon juice and stir well.

Serve warm and enjoy!

**This recipe is not allowed during days 6-10 of the Detox*