



**ALTERED ATHLETICS**

# GRILLED CHICKEN & RICE POWER BOWL

**Calories:** 410

**Protein:** 40g | **Carbs:** 35g | **Fat:** 10g

## **Ingredients:**

Grilled chicken breast – 120g

Cooked white jasmine rice (Uncle Ben's Ready Rice) – 125g

Cucumber – 50g

Cherry tomatoes – 50g

Red onion – 20g

Bolthouse Farms Yogurt Ranch – 30g

Lemon juice – splash

## **Directions:**

Layer rice, grilled chicken, and chopped veggies.

Drizzle with Bolthouse dressing and lemon juice. and serve