



Chopped Spinach Salad with Grilled Chicken

2-3 oz. fresh organic spinach
6-8 sliced of cucumbers chopped
3-4 on the vine cherry tomatoes
¼ c. grated carrots

5-6 oz. [grilled chicken breast](#) sliced
½ c. fresh blueberries
Parmesan cheese shaved

Roughly chop or tear spinach on plate and add sliced cucumbers, cherry tomatoes, grated carrots (I purchase already grated), sliced chicken breast and blue berries. Using a vegetable peeler, shave parmesan cheese. Drizzle with a [vinegar and oil dressing](#) – I love Balsamic vinegar and olive oil – it's quick, easy. I would caution, if you are wanting to boost metabolism, avoid the fat free commercial dressings as the added ingredients will work against your metabolism.

[Balsamic Vinegar and Oil Dressing](#)

1/3 c. Balsamic Vinegar
¼ c. Olive Oil
1 T. water
Fresh ground black pepper and salt to taste.

Whisk and serve

I love chopping the spinach and veggies before plating. It makes eating much easier and less mess.