

Shredded Chicken Meal Builder

#1

START WITH SHREDDED CHICKEN



#2 PUT IT IN A CARB

#3 ADD A SAUCE

#4 ADD A TOPPING



Bun



BBQ ----- Coleslaw
Buffalo ----- Blue Cheese
Teriyaki ----- Pineapple



Rice



Salsa ----- Black Beans
Alfredo ----- Spinach
Teriyaki ----- Broccoli



Pasta
(Cooked)



Alfredo ----- Peas
Buffalo ----- Ranch
Pesto ----- Mozzarella



Potato
(Baked)



BBQ ----- Cheddar
Salsa ----- Black Beans
Gravy ----- Peas & Carrots



Tortilla



Tzatziki ----- Cucumber
BBQ ----- Coleslaw
Salsa ----- Refried Beans



Dough
(Pizza)



BBQ ----- Onions & Cheddar
Pesto ----- Tomatoes & Mozzarella
Alfredo ----- Mushroom & Parm



Lettuce



Ranch ----- Onion & Tomatoes
Caesar ----- Parm & Croutons
Vinaigrette --- Bacon & Blue Cheese