

# Grilled Chicken Caesar Salad



## Ingredients

- 1 lb. grilled skinless, boneless chicken
- 1 bag of kale, pre-washed and pre-cut
- 1 package of shredded Parmesan cheese
- 1 bottle of Caesar dressing

## Instructions

1. Grill chicken and season to your taste. Slice into bite sized pieces, then store in a container that goes in the fridge.
2. Portion kale and Parmesan cheese in several containers that also go into the fridge.
3. When it's time to eat, heat some chicken in a toaster oven or microwave, then add to prepared salad container. Add Caesar dressing, put lid on, then shake to coat the kale. Enjoy!

Photo: [Simply2Moms.com](http://Simply2Moms.com)