



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

## Asian Chicken Burrito

### Chicken salad:

- 1C of chopped chicken or if you are in a pinch for time 1 can of Trader Joes chicken
- 2tsp Mustard
- 1tsp Pepper Plant sauce
- 1tbsp chopped shallots or green onion
- Salt and Pepper to taste

### Mixed Greens:

- Dress with olive oil and apple cider vinegar
- Add **finely** chopped fennel and red onion
- Pinch of salt



Spread the chicken salad on a Nori sheet. Top with mixed greens mixture. Roll like a burrito and seal the ends with a touch of water.

\*\*Make sure that your ingrediants are finely chopped to prevent the Nori sheet from breaking.  
Serves 2. ENJOY!

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## Need a Crunchy Snack?

Have a crunch craving? Try Annie Chun's Seaweed Snacks! They are bursting with flavor and have less carbs than the Kale chips! One package is 2 servings.

\*\*There are many brands of Seaweed Snacks, be sure to read the label! Some do contain sugar.

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