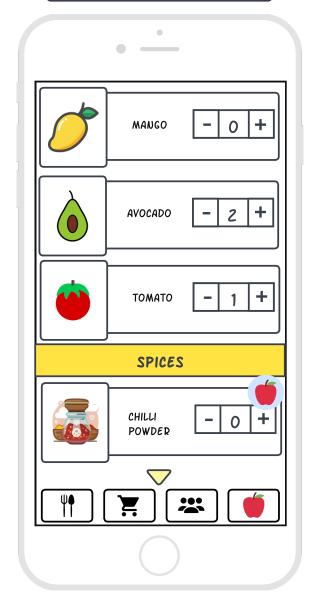
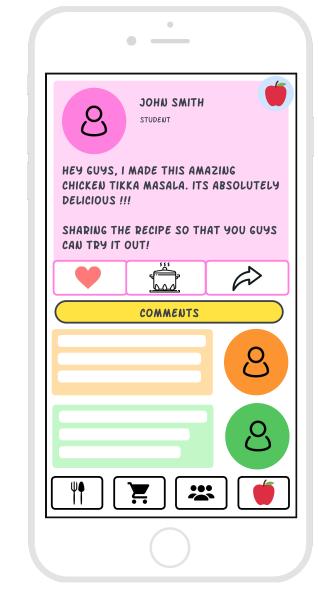


Recipe

Recommendations



Grocery Ordering



Community



AVOCADO, TOMATO & CHICKEN SANDWICH 🕻 COOK TIME: 15 MINS CALORIES: 347 KCAL CARBS: 28 GRAMS PROTEINS: 31 GRAMS FATS: 12 GRAMS

RECIPE

TOAST BREAD

MASH AVOCADO WITH FORK

AND BRING TO A BOIL.

SPREAD AVOCADO MASH OVER THE TOAST 3 BREAD

ADD LIGHTLY SALTED WATER TO COVER

PLACE BONELESS, SKINLESS CHICKEN BREASTS IN A SKILLET OR SAUCEPAN.

COVER, REDUCE HEAT TO A SIMMER AND COOK UNTIL NO LONGER PINK IN THE MIDDLE, 10 TO 12 MINUTES, DEPENDING



ON SIZE.



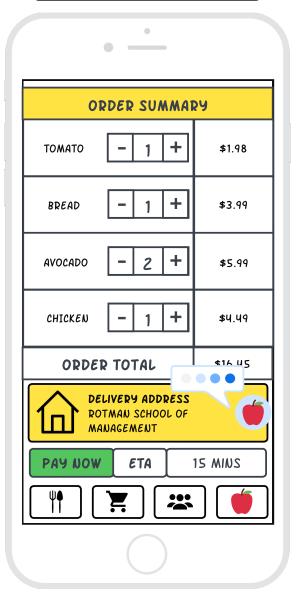




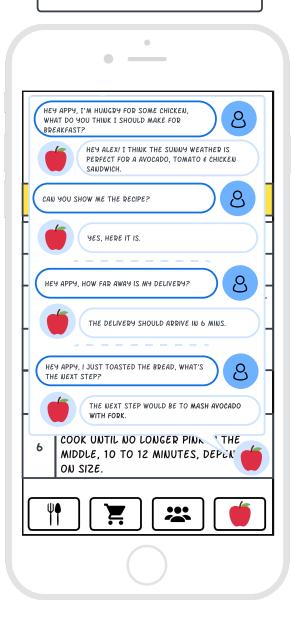


Recipe Ingredients









Sample Notifications

SMARTRECIPE ASSISTANT



STAY HYDRATED! DRINK WATER ALEX!

SMARTRECIPE ASSISTANT



CONGRATULATIONS ON EATING HEALTHY!