



Cucumber Agua Fresca with Chia

🕒 15 minutes

🍷 2 servings

Ingredients

2 cup Water
1/2 Cucumber (peeled)
1 Lime (juiced)
4 tsp Sugar
2 tbsp Chia seeds

Nutrition

 Information is provided as an estimate.

per serving

| | | | |
|-----------|----------|-------------|--------|
| Calories | 110 kcal | Fat | 4 g |
| Carbs | 19 g | Net Carbs | 13 g |
| Protein | 3 g | Fiber | 6 g |
| Sugar | 10 g | Cholesterol | 0 mg |
| Sodium | 16 mg | Vitamin A | 77 IU |
| Vitamin C | 12 mg | Calcium | 105 mg |
| Iron | 1 mg | | |

Directions

1. Place lime juice, cucumber, sugar, and water in a blender. Blend on high until smooth.
2. Pour the mixture into a glass or jar with a lid.
3. Add the chia seeds. Cover and shake the mixture to evenly distribute the chia seeds.
4. Let sit for 15 minutes.
5. Serve.



Avocado Tostada with Chicken

🕒 5 minutes

🍴 1 serving

Ingredients

2 Tostadas
1/2 cup Shredded chicken
1/2 Avocado (peel and pit removed)
1 pinch Salt
1 tbsp Lime juice (or to taste)
1/2 Roma tomato (sliced)
2 tbsp Salsa

Nutrition

i Information is provided as an estimate.

per serving

| | | | |
|-----------|----------|-------------|--------|
| Calories | 454 kcal | Fat | 27 g |
| Carbs | 35 g | Net Carbs | 25 g |
| Protein | 22 g | Fiber | 10 g |
| Sugar | 3 g | Cholesterol | 53 mg |
| Sodium | 553 mg | Vitamin A | 614 IU |
| Vitamin C | 19 mg | Calcium | 61 mg |
| Iron | 2 mg | | |

Directions

1. Optional: Reheat the chicken on a comal or griddle
2. Scoop the avocado into a bowl, discarding the pit and peel.
3. Add the salt and lime to the bowl with the avocado. Mash the avocado with a fork.
4. Spread the avocado evenly on the tostadas
5. Place two tomato slices on each tostada
6. Top the tostadas with the chicken
7. Drizzle 1 tablespoon of salsa over each tostada

Notes

Pre-cook the chicken as part of your meal prep over the weekend, or use store-bought rotisserie chicken.