

Grilled Chicken & Blackberry Salad

Hands-on 10 minutes Overall 35 minutes (+ optional marinating)

Nutritional values (per serving): Total carbs: 14.6 g, Fiber: 7.9 g, **Net carbs: 6.7 g**,

Protein: 45.2 g, Fat: 39.3 g, Calories: 587 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 2 large chicken breasts, skinless (400g / 14.1 oz)
- juice from 1/2 lemon
- 1 tsp thyme, fresh (or 1/2 tsp dried)
- 1/4 cup extra virgin olive oil (60 ml)
- 2 small heads lettuce, I used little gem (200g / 7.1 oz)
- 1/2 cup artichoke hearts, canned
- 1/4 cup kalamata (or other black) olives (30g / 1.1 oz)
- 1/4 cup green olives (30g / 1.1 oz)
- 1 cup blackberries, fresh (150g / 5.1 oz)
- 1 tbsp blackberry vinegar or any other fruit vinegar, see recipe for my [Home-made Fruit Vinegar](#). You can also use any sugar-free fruit vinegar like [Star's Red Raspberry Vinegar](#) or balsamic vinegar.
- 1/4 tsp salt or more to taste

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Brush the chicken breasts with half of the olive oil, add lemon juice, thyme and season with salt. Leave for at least 30 minutes minutes to marinade. *Note: You can use any kind of cooking oil instead of olive oil (ghee, coconut oil, lard, etc.). Although marinating is optional, it is recommended.*
2. Preheat the oven to 200 °C/ 400 °F. Place the chicken breast in a baking dish and bake uncovered for 25-30 minutes. Remove from the oven and let it cool down. Slice into desired pieces.
3. Wash and place the lettuce into a salad spinner or drain using a paper towel. Fold into a serving bowl.
4. Drain the artichoke hearts and slice them into desired pieces. Add them to the bowl together with the sliced chicken.
5. Add drained kalamata (or other black) and green olives.
6. Wash and drain the blackberries and add them to the bowl with the

other ingredients.

7. Drizzle with the remaining extra virgin olive oil and fruit vinegar.
 8. Enjoy! :-)
- Note: You can prepare the meat in advance and have it ready as a quick source of protein for your low-carb meals. When it's grilled, let it cool down, cut into desired pieces, place in an air-tight container and store up to 2 days (or freeze up to a month).*

Recipe Suggestion: Butter-roasted Prawn & Blackberry Salad

This salad is so versatile! Try butter-roasted prawns with dill instead of chicken with thyme & lemon. Simply pan-roast the prawns on butter, season with salt and chili powder, add to the salad bowl and enjoy! :-)

Ingredients (makes 2 servings)

- 400g prawns, raw (14.1 oz)
- 2 tbsp fresh dill
- 2 tbsp butter
- 2 small heads lettuce, I used little gem (200g / 7.1 oz)
- 1/2 cup artichoke hearts, canned
- 1/4 cup kalamata (or other black) olives (30g / 1.1 oz)
- 1/4 cup green olives (30g / 1.1 oz)
- 1 cup blackberries, fresh (150g / 5.1 oz)
- 1 tbsp blackberry vinegar or any other fruit vinegar, see recipe for my [Home-made Fruit Vinegar](#). You can also use any sugar-free fruit vinegar like [Star's Red Raspberry Vinegar](#) or balsamic vinegar.
- 1/4 tsp salt or more to taste

Nutritional values (per serving)

Total Carbs12grams Fiber5.8grams Net Carbs6.2grams

Protein29.6grams Fat20.4grams of which Saturated8.7grams

Energy346kcal

Potassium567mg

Macronutrient ratio: Calories from carbs (7.5%), protein (36.2%), fat (56.3%)

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)