

# Paleo Recipe: Broccoli Fruit Salad With Grilled Chicken



This broccoli fruit salad with grilled chicken brings together crisp vegetables, sweet fruit, and warm grilled protein in a way that feels fresh but still complete enough for a proper meal.

It works especially well when you want something lighter without ending up with a dish that feels incomplete. The contrast between the broccoli, the fruit, and the grilled chicken gives the recipe a varied texture and a more balanced feel.

Because it combines protein with fresh ingredients, it can fit well into a more intentional meal routine and is easy to prepare for lunch or a simple dinner.

## Why this recipe works

This recipe is useful when you want a salad that has more structure and satiety than a bowl of greens alone. The grilled chicken gives it substance, while the fruit softens the sharper vegetable notes and adds natural sweetness.

It is also a flexible recipe. You can adjust the fruit mix, change the cut of chicken, or simplify the garnish depending on what you have available.

## Preparation

Start by preparing the broccoli so it keeps its bite but feels pleasant to eat. Wash and cut the fruit into small, even pieces so the final salad feels well distributed rather than heavy in one part and empty in another.

Cook the chicken until it is well browned on the outside and properly done inside. Let it rest briefly before slicing so it stays juicy.

Arrange the broccoli, fruit, and sliced chicken together in a large bowl or serving dish. Add the dressing at the end so the vegetables and fruit keep their texture.

Serve it fresh, with the chicken still slightly warm if possible. That temperature contrast helps the salad feel more substantial and better rounded as a full dish.

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HEALTHY RECIPE

# BROCCOLI FRUIT SALAD WITH GRILLED CHICKEN

Fresh, balanced and naturally satisfying

A fresh broccoli and fruit salad with grilled chicken, combining crisp texture, natural sweetness, and a simple paleo-friendly balance.

Great for a light lunch or an easy dinner.



GLUTEN  
FREE



DAIRY  
FREE



REAL  
FOOD



HIGH IN  
PROTEIN



FRESH &  
LIGHT



FAMILY  
FRIENDLY

## INGREDIENTS

Serves 4

### FOR THE SALAD

- 4 cups broccoli florets
- 2 cooked chicken breasts, sliced or chopped
- 1 red apple, diced
- 1 cup red grapes, halved
- 1/2 cup blueberries
- 1/2 cup mango, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup sunflower seeds or chopped nuts

### FOR THE DRESSING

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- Salt
- Black pepper

## HOW TO MAKE

- Prepare the broccoli and cut the fruit into small, even pieces.
- Cook or grill the chicken until browned outside and fully cooked inside.
- Let the chicken rest briefly, then slice or chop it.
- Add the broccoli, apple, grapes, blueberries, mango and red onion to a large bowl.
- Whisk together the olive oil, lemon juice, apple cider vinegar, honey, salt and black pepper.
- Add the sliced chicken and seeds or nuts to the salad.
- Pour the dressing over the salad, toss gently and serve fresh.

## TIPS & VARIATIONS

- Use toasted nuts for extra crunch.
- Swap mango for pear or orange if preferred.
- Add the dressing just before serving to keep the texture fresh.
- Serve with the chicken still slightly warm for a more substantial meal.

## NUTRITION FACTS

per serving approx.

	Calories	420 kcal
	Protein	34 g
	Healthy fats	22 g
	Net carbs	18 g
	Fiber	6 g

Values are approximate and may vary depending on ingredients used.

## WHY THIS RECIPE WORKS

- Crisp vegetables + sweet fruit create balance.
- Grilled chicken adds structure and satiety.
- Flexible and easy to adapt.
- Works well for lunch or a simple dinner.



A colorful paleo-friendly salad that brings together texture, protein and freshness in one practical meal.



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