■ Scoopable Chicken Ranch Salad (Regulation Bowl)

Ingredients (1200-calorie friendly base)
Protein
- Shredded chicken breast (3–4 oz): ~140–180 cal

Veg (mostly free foods)
- Cucumber (1 cup): ~15 cal
- Red bell pepper (½ cup): ~20 cal
- Red onion (2 tbsp): ~10 cal

Flavor + Fat
- Bacon (1 slice, crumbled): ~40–45 cal
- Fire-roasted corn (¼ cup): ~40 cal
- Shredded cheese (1–2 tbsp): ~55–110 cal

Creamy Base
- Plain Greek yogurt (■ cup): ~50–60 cal
- Ranch seasoning: ~10 cal
- Garlic powder, lemon juice, salt: negligible

Crunch Vehicle
- Rice cakes (2–3): ~70–105 cal

Estimated Calories
≈ 430–520 calories per bowl (depends on cheese + rice cakes).

Two meals like this plus a lighter third meal/snacks fits a 1200-cal day easily. Later, increase portions for 1500–1800 without changing the meal.

Why This Works (Nervous-System Friendly)
- Stabilizes blood sugar (protein + fat)
- Avoids restriction (you're scooping, not dieting)
- Satisfies sensory needs (crunch + creamy)
- Prevents binge–rebound

This is regulated eating, not weight-loss food.

Make It Repeatable
Batch Prep (2–3 days)
- 1 lb cooked chicken
- Double the vegetables
- Keep bacon + rice cakes separate

Daily: scoop a bowl, add rice cakes, done. Zero decision fatigue.

Easy Swaps
- Chicken → canned tuna or salmon
- Bacon → olives or avocado
- Rice cakes → cucumber rounds or tortillas
- Corn → chickpeas (¼ cup ≈ same calories)

When You Increase Calories (Strength / Maintenance Phase)
- Add 1 more rice cake
- Increase chicken to 5–6 oz
- Add avocado or more cheese

Same meal. New level.