CHIPOTLE RICE BOWL

Ingredients

- 1.25 lb Chicken breast
- 1 Bag Frozen brown rice (or 10oz)
- 1 Bag Frozen corn (or 300g)
- 1 Zucchini (or 300g)
- 1 Red onion (or 200g)
- 1 Bell pepper (or 150g)

Spices

Mexican spice blend is easiest or...

- 1 tsp Garlic powder
- 1 tsp Cumin
- 1 tsp Thyme
- 1 tsp Oregano
- Salt and pepper to taste

Toppings

- Avocado
- Cotija Cheese
- Sour cream

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CHIPOTLE RICE BOWL

Instructions

1. Cook chicken boobies (I do 12min at 375deg in air fryer then flip and cook for 4 more minutes at 390deg - get a meat thermometer for the best meats!)
2. Saute all veggies in pot then add spices.
3. Add frozen rice and corn. Stir occasionally until all is cooked through.
4. Add chicken, stir and boom done.

Divided into 5 servings makes...

39g Pro, 30g Carb, 6g Fat, 4g Fiber

With toppings...

1/2 avocado (or apx. 65g) and 1 TBSP of Green Valley sour cream

41g Pro, 37g Carb, 21g Fat, 8g Fiber

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GREEK QUINOA CHICKEN SALAD

Ingredients

Quinoa

- 1 Cup quinoa (dry)
- 2 Cups Beef bone broth

Salad

- 1 Bell pepper
- 1/2 Red onion
- 3 Green onions
- 2 TBSP Extra virgin olive oil
- 1-2 TBSP Greek spices

Chicken

- 1-1.25 lbs Chicken boobies
- Cooking oil/spray of choice
- Greek spices

Salt and pepper to taste

Avocado or Feta cheese to top

Instructions

Quinoa

1. Bring 2 cups of broth and quinoa to boil then lower heat to simmer and cover for exactly 15 minutes.
2. Remove from heat, keep covered (!) and don't touch for 10 minutes.
3. After 10 minutes, fluff with forks and voila.

Salad

1. Chop all veggies.
2. Add EVOO and spices, mix well.

Chicken

1. Get an air fryer.
2. Season with oil & spices.
3. Cook at 365-375 for 18-20min, flipping halfway through.

Once everything is cooked, combine in a big ol' bowl, season with salt and pepper, and add feta cheese or avocado to your daily serving!

GREEK FETA PASTA

Ingredients

- 1 Box pasta (chickpea is bae)
- 1 Bell pepper
- 4 Small cucumbers
- 1/4 cup Parsley
- 1/2 Red onion
- 1 Carton cherry tomatoes
- 2 TBSP Extra virgin olive oil
- 6-8 oz Feta cheese
- Juice of 2 lemons
- 1-2 TBSP Greek spices

Instructions

1. Cook chicken boobies.
2. Cook pasta (drain and rinse).
3. Chop veggies.
4. Add EVOO, lemon juice and spices to veggies.
5. Combine all ingredients and enjoy!

Divided into 5 servings makes...

38g Pro, 35g Carb, 17g Fat, 4g Fiber

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