

# ROSEMARY ROASTED CHICKEN DRUMSTICKS AND CARROTS

## INGREDIENTS

- 6 chicken drumsticks
- 3 carrots, cut into sticks or chunks
- 2 tablespoons olive oil
- 2 teaspoons dried rosemary (or fresh)
- 3 garlic cloves, minced
- Salt and pepper to taste
- Optional: lemon wedges, honey, thyme

## CALORIES

420

## PROTEIN

34g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss drumsticks with olive oil, rosemary, garlic, salt, and pepper.
3. Arrange chicken and carrots on a sheet pan.
4. Drizzle carrots lightly with oil and seasoning.
5. Roast 35–45 minutes until chicken is golden and cooked through.
6. Finish with lemon juice or a drizzle of honey if desired.



# BALSAMIC GLAZED CHICKEN AND RED ONION BAKE

## INGREDIENTS

- 2–4 chicken thighs or breasts
- 1 large red onion, sliced
- 2 tablespoons olive oil
- 2–3 tablespoons balsamic vinegar
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Optional: honey, thyme, rosemary



CALORIES

**380**

PER SERVING

PROTEIN

**34g**

PER SERVING

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken and onions with olive oil, balsamic, garlic, salt, and pepper.
3. Spread evenly in a baking dish or sheet pan.
4. Bake 30–35 minutes until chicken is cooked and onions are caramelized.
5. Optional: drizzle honey for extra glaze.
6. Serve warm with pan juices.

# CREAMY AVOCADO LIME CHICKEN SALAD DINNERS

## INGREDIENTS

- 2 cups cooked chicken, shredded
- 1 ripe avocado
- Juice of 1 lime
- 1–2 tablespoons Greek yogurt or mayo
- Salt and pepper to taste
- Optional: cilantro, corn, tomatoes, lettuce

CALORIES

**370**

PROTEIN

**31g**



## DIRECTIONS

1. Mash avocado in a bowl.
2. Mix in lime juice and yogurt/mayo until creamy.
3. Stir in chicken, salt, and pepper.
4. Add optional vegetables like corn or tomato.
5. Serve over greens, in bowls, or wraps.
6. Chill slightly for best flavor.

# SPICY CHIPOTLE CHICKEN AND PEPPER SKILLET

## INGREDIENTS

- 2 chicken breasts, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 1 tablespoon olive oil
- 1-2 teaspoons chipotle powder  
or chipotle sauce
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: lime juice, cilantro,  
sour cream

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**380**

CALORIES

**33g**

PROTEIN

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## DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Cook chicken until browned and mostly cooked.
3. Add peppers and onion and sauté until tender.
4. Stir in chipotle seasoning, cumin, salt, and pepper.
5. Cook until fully combined and flavorful.  
Finish with lime juice or cilantro if desired.

# BAKED SESAME GINGER CHICKEN THIGHS

## INGREDIENTS

- 4 chicken thighs
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- 1 teaspoon sesame seeds
- Optional: green onions, chili flakes

**420**

CALORIES

**30g**

PROTEIN



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix soy sauce, sesame oil, honey, garlic, and ginger.
3. Coat chicken thighs in marinade.
4. Bake 30–35 minutes until cooked through.
5. Sprinkle with sesame seeds before serving.
6. Garnish with green onions if desired.

# HONEY DIJON CHICKEN THIGH SKILLET

## INGREDIENTS

- 4 chicken thighs
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 1 tablespoon olive oil or butter
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: thyme, chili flakes

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## CALORIES

380

## PROTEIN

28g

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## DIRECTIONS

1. Season chicken thighs with salt and pepper.
2. Sear in a skillet with oil until golden on both sides.
3. Mix honey, Dijon, and garlic.
4. Pour sauce into pan and coat chicken.
5. Simmer until chicken is cooked through and glaze thickens.
6. Serve warm with pan sauce.

# GREEK-INSPIRED CHICKEN SPINACH BOWLS

## INGREDIENTS

- 2 cups cooked chicken, sliced
- 2 cups spinach
- 1 cup cooked rice or quinoa
- ½ cup cucumber, diced
- ½ cup cherry tomatoes
- ¼ cup feta cheese
- 1 tablespoon olive oil
- Juice of ½ lemon
- Salt, pepper, oregano to taste

CALORIES

**470**

PROTEIN

**38g**



## DIRECTIONS

1. Warm chicken and rice if desired.
2. Sauté spinach lightly or leave raw.
3. Assemble rice, chicken, spinach, and vegetables in a bowl.
4. Drizzle olive oil and lemon juice.
5. Season with salt, pepper, and oregano.
6. Top with feta and serve.

SHEET PAN

# Garlic Herb Chicken and Asparagus

## INGREDIENTS

- 2-4 chicken thighs or breasts
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon Italian seasoning or mixed herbs
- Salt and pepper to taste
- Optional: lemon juice, parmesan, paprika

CALORIES

410

PER SERVING

PROTEIN

34g

PER SERVING



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken with olive oil, garlic, herbs, salt, and pepper.
3. Place chicken and asparagus on a sheet pan.
4. Drizzle asparagus with a little oil and seasoning.
5. Roast 20-30 minutes until chicken is cooked and asparagus is tender.
6. Finish with lemon juice or parmesan if desired.

# BAKED GINGER CHICKEN AND BOK CHOY PLATTER

## INGREDIENTS

- 2–4 chicken thighs or breasts
- 2 cups bok choy, halved
- 2 tablespoons soy sauce
- 1 tablespoon grated ginger
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon honey (optional)
- Salt and pepper to taste



CALORIES

**410**

PROTEIN

**32g**

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix soy sauce, ginger, garlic, olive oil, and honey.
3. Coat chicken with marinade.
4. Place chicken and bok choy on a sheet pan.
5. Bake 25–35 minutes until chicken is cooked through.
6. Serve with pan juices.

# SPICY JALAPEÑO CHICKEN AND LIME SKILLET

## INGREDIENTS

- 2 chicken breasts, sliced
- 1–2 jalapeños, sliced
- 1 tablespoon olive oil
- Juice of 1 lime
- 2 garlic cloves, minced
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: cilantro, sour cream, avocado

CALORIES

360

PROTEIN

34g



## DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Cook chicken until browned.
3. Add garlic, jalapeños, and cumin; sauté briefly.
4. Stir in lime juice and cook until chicken is done.
5. Adjust seasoning to taste. Top with cilantro or avocado if desired.

# LEMON GARLIC CHICKEN AND QUINOA TOSS

## INGREDIENTS

- 2 cups cooked chicken, sliced
- 1 cup cooked quinoa
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 cup spinach or arugula
- Salt and pepper to taste
- Optional: feta, cucumber, parsley

CALORIES	PROTEIN
420	34g

## DIRECTIONS

1. Heat olive oil in a pan and sauté garlic briefly.
2. Add chicken and warm through.
3. Stir in quinoa and lemon juice.
4. Add greens and toss until slightly wilted.
5. Season with salt and pepper.
6. Top with feta or herbs if desired.



# HERBED GROUND CHICKEN AND CABBAGE FRY

## INGREDIENTS

- 300-400g ground chicken
- 3 cups cabbage, shredded
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning or mixed herbs
- Salt and pepper to taste
- Optional: soy sauce, chili flakes, green onions

CALORIES

320

PROTEIN

28g



## DIRECTIONS

1. Heat oil in a skillet and brown ground chicken.
2. Add garlic and cook briefly.
3. Stir in cabbage and cook until wilted but slightly crisp.
4. Season with herbs, salt, and pepper.
5. Optional: add soy sauce or chili flakes for extra flavor.
6. Serve hot.

# BAKED PESTO CHICKEN BREAST PLATTER

## INGREDIENTS

2–4 chicken breasts

3 tablespoons basil pesto

1 tablespoon olive oil

Salt and pepper to taste

Optional: cherry tomatoes,  
mozzarella, parmesan, arugula

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**CALORIES** 380

**PROTEIN** 38g

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Coat chicken with pesto, olive oil, salt, and pepper.
3. Place on a baking sheet.
4. Bake 20–25 minutes until fully cooked.
5. Optional: add mozzarella in the last 5 minutes to melt.
6. Serve sliced with fresh greens or roasted veggies.



# BAKED LEMON THIGHS WITH ROASTED BRUSSELS SPROUTS

## INGREDIENTS

- 4 chicken thighs
- 3 cups Brussels sprouts, halved
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: honey, parmesan

## CALORIES

450

## PROTEIN

32g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken with olive oil, lemon juice, garlic, oregano, salt, and pepper.
3. Place chicken and Brussels sprouts on a sheet pan.
4. Drizzle sprouts with oil and seasoning.
5. Roast 35–45 minutes until chicken is cooked and sprouts are browned.
6. Finish with extra lemon juice if desired.



# ORANGE GLAZED CHICKEN AND BROCCOLI SKILLET

## INGREDIENTS

- 2 chicken breasts, sliced
- 2 cups broccoli florets
- 2 tablespoons orange juice  
(fresh or bottled)
- 1 tablespoon soy sauce
- 1 teaspoon honey
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Optional: chili flakes, sesame seeds

CALORIES

430

PROTEIN

34g



## DIRECTIONS

1. Heat olive oil in a skillet and cook chicken until browned.
2. Add garlic and broccoli; sauté until tender-crisp.
3. Mix orange juice, soy sauce, and honey.
4. Pour sauce into skillet and toss to coat.
5. Simmer until slightly thickened.
6. Top with sesame seeds if desired.

# Sun-Dried Tomato and Spinach Chicken Skillet

## INGREDIENTS

- 2 chicken breasts, sliced
- 2 tablespoons sun-dried tomatoes, chopped
- 2 cups spinach
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: cream, parmesan, basil

## CALORIES

**360**

kcal

## PROTEIN

**34**

g



## DIRECTIONS

1. Heat olive oil in a skillet and cook chicken until golden.
2. Add garlic and sun-dried tomatoes; sauté briefly.
3. Stir in spinach until wilted.
4. Season with salt and pepper.
5. Optional: add a splash of cream or parmesan.
6. Serve warm as-is or over rice/pasta.

# SWEET CHILI CHICKEN AND SUGAR SNAP PEA STIR-FRY

## INGREDIENTS

- 2 cups cooked chicken, sliced
- 2 cups sugar snap peas
- 2–3 tablespoons sweet chili sauce
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 2 garlic cloves, minced
- 1 tablespoon oil
- Optional: sesame seeds,  
green onions



CALORIES

410

PROTEIN

35g

## DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Sauté garlic briefly.
3. Add snap peas and cook until tender-crisp.
4. Add chicken and warm through.
5. Stir in sweet chili sauce, soy sauce, and sesame oil.
6. Toss well and top with sesame seeds.

# TURMERIC GARLIC CHICKEN AND RICE SOUP

## INGREDIENTS

- 2 cups cooked chicken, shredded
- 1 cup rice (cooked or uncooked)
- 6 cups chicken broth
- 1 onion, diced
- 2 garlic cloves, minced
- 1 teaspoon turmeric
- 1 teaspoon olive oil
- Salt and pepper to taste
- Optional: lemon juice, spinach, parsley



CALORIES

310

PROTEIN

28g

## DIRECTIONS

1. Heat olive oil and sauté onion and garlic.
2. Add turmeric and stir briefly to bloom spice.
3. Pour in broth and bring to a simmer.
4. Add rice and cook until tender (if uncooked).
5. Stir in chicken and heat through.
6. Finish with lemon juice and herbs.

# ITALIAN GROUND TURKEY AND CHICKEN SKILLET

## INGREDIENTS

- 250g ground turkey
- 250g ground chicken
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach, parmesan, basil



## CALORIES

350

KCAL

## PROTEIN

32g

PER SERVING

## DIRECTIONS

1. Heat olive oil in a skillet.
2. Brown ground turkey and chicken together.
3. Add onion and garlic; sauté until soft.
4. Stir in crushed tomatoes and seasoning.
5. Simmer 10–15 minutes until thickened.
6. Add optional spinach or parmesan before serving.

# BASIL PESTO CHICKEN AND TOMATO ZOODLES

## INGREDIENTS

2 cups cooked chicken, sliced

2–3 zucchini, spiralized (zoodles)

2 tablespoons basil pesto

1 cup cherry tomatoes, halved

1 tablespoon olive oil

Salt and pepper to taste

Optional: parmesan, pine nuts



CALORIES

420

PROTEIN

36g

## DIRECTIONS

1. Lightly sauté zoodles in olive oil for 1–2 minutes (do not overcook).
2. Add chicken and warm through.
3. Stir in pesto until evenly coated.
4. Add cherry tomatoes and toss gently.
5. Season with salt and pepper.
6. Top with parmesan or pine nuts if desired.

# LEMON PEPPER CHICKEN AND BROCCOLI BAKE

## INGREDIENTS

2-4 chicken breasts or thighs

3 cups broccoli florets

2 tablespoons olive oil

1-2 teaspoons lemon pepper seasoning

2 garlic cloves, minced

Salt to taste

Optional: lemon juice, parmesan, paprika

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**420**

CALORIES

**38g**

PROTEIN

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken with olive oil, garlic, lemon pepper, and salt.
3. Arrange chicken and broccoli on a baking sheet.
4. Drizzle broccoli lightly with oil and seasoning.
5. Bake 25-30 minutes until chicken is cooked and broccoli is tender.
6. Finish with lemon juice or parmesan if desired.

# TOMATO BASIL CHICKEN THIGH BAKE

## INGREDIENTS

- 4 chicken thighs
- 2 cups cherry tomatoes
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Fresh basil leaves

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CALORIES

PROTEIN

410

31g

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Season chicken with olive oil, garlic, herbs, salt, and pepper.
3. Place chicken and tomatoes in a baking dish.
4. Roast 35–40 minutes until chicken is golden and tomatoes burst.
5. Stir in fresh basil at the end. Serve with pan juices.

# MUSTARD CRUSTED CHICKEN AND GREEN BEAN ROAST

## INGREDIENTS

- 2–4 chicken breasts or thighs
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme or rosemary
- Salt and pepper to taste
- 3 cups green beans, trimmed
- Optional: lemon juice, honey

## CALORIES

**420**

PER SERVING

## PROTEIN

**36g**

PER SERVING

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix Dijon mustard, olive oil, garlic powder, herbs, salt, and pepper.
3. Coat chicken evenly with mustard mixture.
4. Arrange chicken and green beans on a sheet pan.
5. Roast 25–35 minutes until chicken is cooked and beans are tender.
6. Finish with lemon juice or a drizzle of honey if desired.



# PINEAPPLE GRILLED CHICKEN SKEWERS

## INGREDIENTS

2 chicken breasts, cubed

1 cup pineapple chunks

2 tablespoons soy sauce

1 tablespoon honey

1 tablespoon olive oil

2 garlic cloves, minced

Optional: bell peppers, chili flakes, sesame seeds



CALORIES

**320**

PROTEIN

**28g**

## DIRECTIONS

1. Marinate chicken in soy sauce, honey, garlic, and olive oil for 20–30 minutes.
2. Thread chicken and pineapple onto skewers.
3. Grill or pan-sear until chicken is cooked and slightly charred.
4. Turn occasionally for even cooking.
5. Finish with sesame seeds or chili flakes. Serve warm.

# MOROCCAN-SPICED CHICKEN AND CHICKPEA STEW

## INGREDIENTS

- 2 cups cooked chicken, shredded
- 1 can chickpeas, drained
- 1 can crushed tomatoes
- 1 onion, diced
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- 1 teaspoon paprika
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: cilantro, lemon juice, raisins

**CALORIES:** 420

**PROTEIN:** 32g

## DIRECTIONS

1. Heat olive oil and sauté onion and garlic until soft.
2. Add spices and stir to bloom flavor.
3. Add tomatoes and simmer 10 minutes.
4. Stir in chicken and chickpeas.
5. Simmer 10–15 minutes until thick and fragrant.
6. Finish with cilantro or lemon juice if desired.



# CUMIN SPICED CHICKEN AND BLACK BEAN BOWLS

## INGREDIENTS

2 cups cooked chicken, sliced  
or shredded

1 can black beans, drained

1 cup cooked rice or quinoa

1 tablespoon olive oil

1 teaspoon cumin

1 teaspoon paprika

1 garlic clove, minced

Salt and pepper to taste

Optional: avocado, salsa,  
lime, cilantro



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CALORIES

490

PROTEIN

36g

## DIRECTIONS

Heat olive oil in a pan and sauté garlic briefly. Add chicken and warm through. Stir in black beans, cumin, paprika, salt, and pepper. Heat until fully combined and fragrant. Serve over rice or quinoa. Top with avocado, salsa, or lime if desired.

# PAPRIKA SPICED CHICKEN AND CAULIFLOWER MASH

## INGREDIENTS

- 2 chicken breasts or thighs
- 1 head cauliflower, chopped
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons butter or cream (for mash)
- Optional: parsley, chili flakes

## CALORIES

**420**  
kcal

## PROTEIN

**38**  
g



## DIRECTIONS

1. Boil or steam cauliflower until very soft.  
Mash with butter, salt, and pepper until smooth.
2. Season chicken with paprika, garlic powder, salt, and pepper.
3. Sear or bake chicken until fully cooked.
4. Spoon cauliflower mash into bowls.
5. Top with paprika chicken and garnish with parsley.

# CLASSIC TUNA MELT ON WHOLE WHEAT ENGLISH MUFFIN

## INGREDIENTS

- 1 can tuna, drained
- 2 tablespoons mayo or Greek yogurt
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- 1 whole wheat English muffin, split
- ¼–½ cup shredded cheddar or Swiss
- Optional: pickles, celery, paprika

CALORIES

**370**

PROTEIN

**28g**



## DIRECTIONS

1. Mix tuna, mayo, mustard, salt, and pepper.
2. Toast English muffin halves lightly.
3. Spoon tuna mixture onto each half.
4. Top with shredded cheese.
5. Broil or toast until cheese melts and bubbles. Serve warm.