



Asian Chicken Stir Fry

30g protein worth of chicken

30g carb worth of brown rice

broccoli slaw

fresh mushrooms

Trader Joe's Soy Very Teriyaki Sauce (6 carbs)

Use PAM or olive oil spray to coat pan

Add in mushrooms and broccoli slaw and sauté till tender

Add in chicken to reheat

Add 1T teriyaki sauce till warm

Serve with brown rice

30g protein/36g carbs/3.5g fat