



Mediterranean Chicken

30g protein chicken breast

¼ cup low carb/sugar tomato sauce

22 g carb whole wheat pasta

zucchini, sliced

mushrooms, sliced

onions, chopped

artichoke hearts, thawed and chopped

black olives, sliced

Saute chicken in pan with Pam. Season with oregano, lemon pepper and rosemary.

Add in zucchini, mushrooms, artichoke hearts, onions and cook till tender.

Serve over pasta.

Pour tomato sauce and olives on top to garnish.

30g protein/30g carbs/7.5 g fat