



Mexican Style Chicken

30g protein of chicken
30g carbs of brown rice
red pepper
mushrooms
onions
2 T salsa

Spray pan with olive oil spray and sauté chicken.
Season chicken with fajita seasoning and cumin.
add in onions, mushrooms and red peppers and sauté till tender.
Serve on rice and add salsa on top.

30g protein/36g carbs/3.5g fat