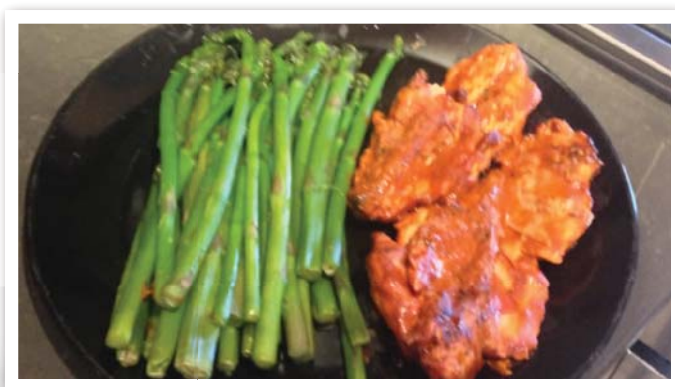


CHICKEN & SPEARS

The classic meathead meal: grilled chicken breast and veggies. It's fast, easy, and squeaky clean.



INGREDIENTS

- 200g Boneless, Skinless Chicken Breast
- 200g Asparagus

INSTRUCTIONS

Step 1 ///

Cook chicken on grill or stovetop until tender and no pink remains.

Step 2 ///

Snap woody ends off of asparagus.

Step 3 ///

Grill, steam, or broil asparagus (*with no added oil or butter*) until desired tenderness is reached.

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
CHICKEN BREAST, BONELESS/SKINLESS	200	46.6	0	1.6	200
ASPARAGUS	200	4	8	0.8	55
▶ TOTAL		50	8	2	255