

CHICKEN À LA CRAIG

Why do bodybuilders eat so much dang broccoli? Because they don't call it a super food for nothing. Broccoli is nutrient rich, high in filling fiber, and low in calories.



INGREDIENTS

- 200g Cooked Boneless, Skinless Chicken Breast
- 200g Cooked Medium-Grain Brown Rice
- 100g Raw Broccoli
- Hot Sauce *(optional)*

INSTRUCTIONS

- Step 1 ///**
Arrange chicken, rice, and broccoli into a single layer on a microwave-safe dish.
- Step 2 ///**
Microwave for 2 minutes, or until desired temperature is reached.
- Step 3 ///**
Drizzle with hot sauce *(optional)*.

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
CHICKEN BREAST, BONELESS/SKINLESS	3	21	1.5	15	225
BROWN RICE MEDIUM GRAIN	150	16.2	0.6	0.6	73
BROCCOLI	40	5	27	3	155
▶ TOTAL		42	29	19	453

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