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Everyday Beast Rosemary Grilled Chicken Thighs

Prep Time: 30-60 min. Cook Time: 10 min.

Serving size: 6 oz. chicken

Recipe yields 2-1/2 servings

Ingredients

1 lb. boneless chicken thighs

2 tbsp olive oil

1/4 cup chopped fresh rosemary

1/4 cup lemon juice

Salt and pepper to taste

Directions

1. Mix all ingredients in a large bowl. Cover and let chicken marinate for 30-60 minutes.
2. Preheat the grill. Once chicken is done marinating, place on the grill and cook for 4-5 minutes on each side until cooked through. Serve immediately or let cool and store for meal prep.