

June 2020

Keto Meal Plan Main Meal

Chicken & Pepper Medley

Ingredients:

- 2 chicken breasts (skinless and halved lengthwise).
- 1 onion (finely diced).
- ½ green pepper (sliced).
- ½ red pepper (sliced).
- ¼ cup salsa.
- 1 tbsp lime juice (fresh).
- 4 tsp grapeseed oil.
- 2 tsp Italian seasoning.

Instructions:

- Heat the oil in a large frying pan. Season chicken with Italian seasoning and fry for 5-6 minutes on each side until thoroughly cooked. Set aside.
- Saute peppers and onions until slightly tender; add salsa and lime juice.
- Spoon over chicken and serve.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 2

Per serving:

Fat: 16g

Carbohydrates: 4g

Protein: 23g

Calories: 241

Retail Store

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