

June 2020

Keto Meal Plan Main Meal

Mediterranean Creamy Chicken

Ingredients:

- 700 gms chicken breast (skinless and sliced).
- 1 cup spinach (fresh, chopped).
- 1 cup thick cream.
- ½ cup chicken broth.
- ½ cup sun-dried tomatoes.
- ½ cup parmesan (grated).
- 2 tbsp olive oil or grapeseed oil
- 1 tsp Italian seasoning.
- 1 tsp garlic powder.

Instructions:

- Add olive oil to a large frying pan and fry chicken until completely cooked through and browned. Set chicken aside on a plate.
- Add chicken broth, thick cream, Italian seasoning, garlic powder and parmesan to the pan; whisk gently until sauce begins to thicken.
- Add spinach and tomatoes to the sauce and simmer until spinach begins to wilt; add chicken back to pan.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 6

Per serving:

Fat: 26g

Carbohydrates: 7g

Protein: 29g

Calories: 369

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