



Blood Sugar Regulation Recipe Bundle

KEEP YOUR SUGARS IN CHECK
FOR ENHANCED ENERGY,
REDUCED RISK FOR ILLNESS, AND
IMPROVED EFFICIENCY OF YOUR
METABOLISM.



Table of Contents

Breakfast

• Omelet Stuffed Pepper	4
• Lemon Ricotta Pancakes	5
• Sausage and Peppers Scramble	7
• Eggs and Broccoli Slaw Salad	8
• Easy Za'atar, Avo, and Cottage Cheese Toast	9
• Kiwi Yogurt Bowl	10

Lunch

• Spicy Turkey Lettuce Wraps	12
• Nashville Hot Chicken Salad	13
• Grilled Chicken Kidney Bean Salad	14
• Savory Mushroom and Chicken Soup	15
• Blueberry Shrimp Salad	16
• Tex-Mex Style Tuna Salad	17

Dinner

• Baked Tilapia with Sweet Potatoes and Asparagus	19
• Seared Steak with Lemon Broccolini and Tomato Salad	20
• Green Bean Bundles with Lemon Roasted Chicken	22
• Low Carb Tacos	24
• Sun Dried Tomatoes and Artichoke Cod	25
• Bruschetta Chicken With Roasted Potatoes	26



Blood Sugar Regulation Breakfast

KICKSTART YOUR DAY



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Omelet Stuffed Pepper



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 medium [119 g] Green Bell Pepper
- 2 large [100 g] Egg
- 2 large [66 g] Egg White
- 0.5 tsp [0.6 g] Kosher Salt
- 2 tbsp, chopped [10 g] Red Onions
- 2 tbsp. [296 g] Tomatoes (Roma) (*Chopped*)
- 2 pumps [2 g] Avocado Oil Cooking Spray
- 0.5 avocado [68 g] Avocado

DIRECTIONS

1. Pre-heat oven to 350 degrees F (175 degrees C).
2. Cut the bell pepper in half and remove the stem and seeds. Place on a baking sheet sprayed with avocado oil cooking spray.
3. Add the eggs, egg whites, red onions, tomatoes, and salt to a bowl. Mix until all ingredients are combined.
4. Using a spoon, carefully spoon the egg mixture into each pepper half until each half is full.
5. Bake for 20-25 minutes until the eggs are fully cooked. Serve with a side of avocado.

NOTES

1. **Cooking tip :** It is ok to leave the pepper whole. Cut off the top, remove the stem and seeds, fill with egg mixture, and bake until eggs are fully cooked.

NUTRITION INFO

Calories : 435.67

Fat : 23.88 g

Carbs : 22.84 g

Protein : 24.58 g

Fiber : 8.05 g

Sugar : 9.97 g

Lemon Ricotta Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 cup [246 g] Ricotta Cheese (Part Skim Milk)
- 1 cup [112 g] Almond Flour
- 0.25 cup [60 ml] Organic Unsweetened Almond Milk
- 1 tbsp [13 g] Vanilla Extract
- 1 medium Lemon (*Zested*)
- 0.5 tsp [2.3 g] Baking Soda
- 2 medium [88 g] Egg
- 1 tsp [1.2 g] Kosher Salt

DIRECTIONS

1. Add ricotta cheese, almond flour, almond milk, vanilla extract, lemon zest, baking soda, and salt to a medium bowl. Mix until all ingredients are combined.
2. Add an egg to the bowl and mix until combined. Repeat this step for all eggs.
3. To form the pancakes, pour batter to a non-stick griddle. Form a pancake the size of your palm. Cook on medium-low heat until the batter starts to bubble on top. Gently flip each pancake and cook on the other side until firm.

NOTES

1. **Cooking tip #1:** This recipe is best cooked low and slow. Cooking over medium-low heat will prevent burning and ensure the batter is fully cooked.
2. **Cooking tip #2:** Making smaller pancakes is best with this recipe, as they will be easier to flip without falling apart.
3. **Cooking tip #3:** Do not grease the griddle or saucepan with butter or cooking spray. These will burn before the pancakes are done. It is best to use a quality non-stick cooking surface.
4. **Equipment option:** A non-stick saucepan can be substituted for the griddle.

NUTRITION INFO

Calories : 586.5

Fat : 38.57 g

Carbs : 22.44 g

Protein : 35.5 g

Fiber : 8.73 g

Sugar : 6.27 g

Sausage and Peppers Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS	DIRECTIONS
• 2 large [100 g] Egg • 2 link (2.3 oz) [136 g] Organic Chicken Sausage <i>(sugar free links)</i> • 0.25 cup, chopped [37.25 g] Sweet Red Peppers • 0.25 onion [27.5 g] Yellow Onions • 0.5 tbsp [7 g] Avocado Oil • 1 stalk [15 g] Green Onions <i>(optional for garnish)</i>	1. In a large skillet, heat oil on medium heat. 2. Cook onions and peppers for 10 minutes. 3. Add chicken sausage to skillet to cook for 5 minutes. 4. Push peppers, onion and sausage and aside in skillet. Add eggs and cook to desired liking (recommendation to cook scrambled). 5. Serve warm.

NUTRITION INFO					
Calories : 395.75	Fat : 23.08 g	Carbs : 8.78 g	Protein : 39.55 g	Fiber : 1.53 g	Sugar : 4.96 g

Eggs and Broccoli Slaw Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS	DIRECTIONS
• 3 large [150 g] Egg • 0.5 tbsp [7 g] Avocado Oil • 1 cup [85 g] Broccoli Slaw • 2 tbsp [30 g] Apple Cider Vinegar • 1 Dash [1 g] Himalayan Pink Salt • 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)	1. Heat avocado oil in skillet on medium high heat. 2. Cook eggs over easy or al dente. 3. While eggs are cooking, mix apple cider vinegar and salt, then mix in the broccoli slaw. 4. Top veggie slaw with eggs and sunflower seeds. Serve warm.

NUTRITION INFO					
Calories : 359.9	Fat : 26.31 g	Carbs : 8.34 g	Protein : 22.57 g	Fiber : 3 g	Sugar : 4 g

Easy Za'atar, Avo, and Cottage Cheese Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium slice (4-3/4" x 4" x 1/2") [25 g] Sour Dough Bread
- 0.5 avocado [68 g] Avocado (*Mashed*)
- 0.5 cup [112.5 g] 1% Low Fat Cottage Cheese
- 1 tbsp, chopped [5 g] Red Onions
- 0.5 tsp [2 g] Za'atar Seasoning
- 0.5 tbsp [5 g] Hemp Seeds

DIRECTIONS

1. Toast sourdough to desired crispness (or omit this step for untoasted bread).
2. Top sourdough with mashed avocado, then cottage cheese, followed by all other ingredients.

NUTRITION INFO

Calories : 321.5

Fat : 15.95 g

Carbs : 27.18 g

Protein : 18 g

Fiber : 6.95 g

Sugar : 6.31 g

Kiwi Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 fruit [76 g] Kiwi Fruit (*Peeled and Sliced*)
- 1 cup [227 g] Whole Milk Greek Yogurt Plain
- 1 tbsp [6 g] Unsweetened Shredded Coconut
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tsp [3.2 g] Cacao Nibs

DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

NUTRITION INFO

Calories : 403.6

Fat : 20 g

Carbs : 27.14 g

Protein : 29.8 g

Fiber : 5.1 g

Sugar : 14.86 g



Blood Sugar Regulation Lunch

RE-FUEL AND RE-ENERGIZE



Spicy Turkey Lettuce Wraps



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 tbsp [13.6 g] Sesame Oil
- 0.5 tbsp, minced [4.25 g] Garlic
- 1 tsp [2 g] Ginger (*Grated*)
- 12 oz [336 g] Ground Turkey
- 1 tbsp [14 g] Coconut Aminos
- 2 tbsp [30 g] Orange Juice
- 6 leaf, medium medium [45 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- 0.5 avocado [68 g] Avocado (*Chopped*)
- 1 stalk [15 g] Green Onions (*Chopped*)
- 1 tbsp [7.5 g] Slivered Almonds
- 2 tsp [10 g] Sriracha Sauce

DIRECTIONS

1. In a large skillet, heat sesame oil over medium heat.
2. Add minced garlic and grated ginger to the skillet and cook 1-2 minutes until fragrant.
3. Add ground turkey to the skillet and cook 6-8 minutes crumbling and flipping as you cook, until browned all the way through.
4. Add coconut aminos, slivered almonds, and orange juice. Cook for an additional 1-2 minutes.
5. Serve turkey mixture warm in a lettuce leaf topped with chopped avocado, cilantro, green onion, and sriracha.

NUTRITION INFO

Calories : 416.25

Fat : 26.15 g

Carbs : 11.58 g

Protein : 35.24 g

Fiber : 3.95 g

Sugar : 6.42 g

Nashville Hot Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken
- 1 tsp [2.1 g] Paprika
- 0.5 tsp [0.9 g] Red Pepper Flakes
- 0.5 tsp [1.2 g] Onion Powder
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tsp [2.6 g] Chili Powder
- 1 slice [6 g] Pickles (*chopped*)
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 1 cup [47 g] Romaine Lettuce (*chopped*)
- 0.25 cup [36.25 g] Blueberries
- 1 oz [28.35 g] Almonds

DIRECTIONS

1. Drain canned chicken and place in bowl.
 2. Add spices, pickles and mayonnaise to the bowl and mix well.
 3. Place chicken mix on a bed of romaine lettuce.
 4. Serve with a side of blueberries and almonds.
- Enjoy!

NUTRITION INFO

Calories : 491.25

Fat : 31.33 g

Carbs : 16.16 g

Protein : 39.21 g

Fiber : 6.28 g

Sugar : 6.02 g

Grilled Chicken Kidney Bean Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS	DIRECTIONS
• 4 oz [112 g] Skinless Chicken Breast • 1 tbsp [15 g] Apple Cider Vinegar • 0.5 tbsp [7 g] Avocado Oil • 0.25 cup [46 g] Kidney Beans • 1 tbsp [10 g] Hemp Seeds • 1 cup [20 g] Arugula (Rocket) • 1 medium Lemon (<i>juice</i>) • 1 Dash [1 g] Himalayan Pink Salt	1. Marinate chicken in apple cider vinegar and oil overnight or a minimum of 30 minutes. 2. On a grill or on a skillet, heat on medium heat. 3. Add chicken to grill or pan and cook until internal temperature reaches 165 degrees F (74 degrees C). 4. Drain beans and set aside. 5. Top arugula with beans and salt. Squeeze lemon over salad. 6. Slice chicken into bite sized pieces. 7. Serve warm or chilled.

NUTRITION INFO					
Calories : 420.25	Fat : 14.49 g	Carbs : 34.14 g	Protein : 41.31 g	Fiber : 13.5 g	Sugar : 3.38 g

Savory Mushroom and Chicken Soup



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 1 tbsp [14 g] Avocado Oil
- 0.5 tbsp, minced [4.25 g] Garlic
- 1 tsp [2 g] Ginger (*Grated*)
- 3 cup [720 ml] Organic Chicken Bone Broth
- 2 cup [474 g] Water
- 0.5 tsp [1.05 g] Black Pepper
- 0.5 tsp [3 g] Salt
- 0.25 cup [40 g] Wild Rice, uncooked
- 1 medium [61 g] Carrot (*Sliced thin horizontally*)
- 1 cup, chopped [70 g] Mushrooms
- 2 cup, chopped [42 g] Kale
- 0.25 cup [60 ml] Coconut Milk (from a can)

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add garlic and ginger and cook for 1 minute until fragrant.
2. Add bone broth, water, salt, and pepper. Bring to a boil.
3. Add chicken breast and cook 15-20 minutes until cooked through.
4. Remove chicken from the broth.
5. Add rice, carrots, mushrooms, and kale to the broth and reduce to a simmer. Cook for 15-20 minutes, until rice is al dente.
6. While the rice cooks, shred the chicken with two forks.
7. Add the shredded chicken and coconut milk to soup and remove from heat.
8. Allow soup to cool for at least 10 minutes before serving. The soup will thicken and the rice will soften.

NUTRITION INFO

Calories : 398.63

Fat : 14.33 g

Carbs : 21.51 g

Protein : 44.31 g

Fiber : 2.95 g

Sugar : 2.82 g

Blueberry Shrimp Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS	DIRECTIONS
• 1 tbsp [14 g] Olive Oil • 1 tbsp [14 g] Lemon Juice • 1 tsp [7.1 g] Honey • 1 dash [0.4 g] Salt • 1 dash [0.1 g] Black Pepper • 5 oz [142 g] Shrimp (Prawns) <i>(Cooked)</i> • 2 cup [40 g] Arugula (Rocket) • 0.5 cup, shredded [35 g] Red Cabbage • 0.25 cup [36.25 g] Blueberries • 2 tbsp [2 g] Cilantro <i>(Chopped)</i> • 1.5 tbsp [15 g] Hemp Hearts	1. In a small bowl, combine olive oil, lemon juice, honey, salt, and pepper and mix well. 2. Add all other ingredients to a salad bowl, then toss with olive oil dressing.

NUTRITION INFO					
Calories : 379.75	Fat : 23.73 g	Carbs : 18.69 g	Protein : 27.33 g	Fiber : 3.01 g	Sugar : 11.3 g

Tex-Mex Style Tuna Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (6.5 oz), drained [167 g] Tuna in Water (Canned)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 1 tbsp, chopped [5 g] Red Onions
- 0.25 cup, chopped [28.5 g] Red Bell Pepper
- 1 tbsp [1 g] Cilantro
- 0.25 tsp [0.53 g] Cumin
- 0.25 tsp. [0.25 g] Himalayan Pink Salt
- 2 leaf [40 g] Romaine Lettuce
- 2 cup, diced [304 g] Watermelon
- 10 cracker [30 g] Crackers

DIRECTIONS

1. Drain the tuna and add to a mixing bowl.
2. Add the mayonnaise and mash until tuna is mixed well.
3. Chop onion and bell pepper into a small dice. Add to the tuna.
4. Chop cilantro very fine and add, along with the cumin and salt.
5. Serve on lettuce leaves with a side of crackers and fresh watermelon.

NUTRITION INFO

Calories : 564

Fat : 21.7 g

Carbs : 45.92 g

Protein : 47.72 g

Fiber : 3.28 g

Sugar : 21.36 g



Blood Sugar Regulation Dinner

FINISH STRONG



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Baked Tilapia with Sweet Potatoes and Asparagus



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS	DIRECTIONS
• 6 oz [170.1 g] Tilapia (Fish) • 0.5 sweetpotato, 5" long [65 g] Sweet Potato • 0.25 bundle [25 g] Asparagus • 1.5 tbsp [21 g] Olive Oil • 1 dash [0.4 g] Salt <i>(To taste)</i> • 1 dash [0.1 g] Black Pepper <i>(To taste)</i> • 0.25 tsp [0.7 g] Garlic Powder	1. Preheat your oven to 350 degrees F (175 degrees C). 2. Dice the sweet potato and asparagus. Toss in a bowl with the olive oil, salt, pepper and garlic powder. Place on a baking sheet and bake for about 15 minutes (flipping about halfway through) or until the sweet potatoes are soft. 3. Place the tilapia on a baking sheet and season with salt, pepper and garlic powder. Cook for about 8 minutes until cooked throughout.

NUTRITION INFO					
Calories : 405	Fat : 24.09 g	Carbs : 13.81 g	Protein : 36.01 g	Fiber : 2.45 g	Sugar : 2.96 g

Seared Steak with Lemon Broccolini and Tomato Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 10 oz [283.5 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 1 tbsp [18 g] Salt
- 0.5 tbsp [3.2 g] Black Pepper
- 10 stalks [100 g] Broccolini
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 1 medium Lemon (*Zest and juice lemon, set aside in separate bowls*)
- 1.5 tbsp [21 g] Olive Oil
- 20 tomato [340 g] Cherry Tomatoes (*Cut each cherry tomato into fourths*)
- 0.25 small [37 g] Red Onions (*Thinly sliced*)

DIRECTIONS

1. Add cherry tomato quarters, sliced red onions, half of the lemon juice, a third of the salt, a third of the black pepper, and a third of the olive oil to a medium bowl. Mix until all ingredients are combined. Refrigerate until ready to eat.
2. Season skirt steak with a third of the salt and a third of the black pepper. Make sure that both sides of the steak are seasoned. Set aside at room temperature.
3. Sear steak using two-thirds of the olive oil over medium heat until it reaches your preferred doneness. Flip steak every 5 minutes to ensure an even sear on both sides.
4. Remove the steak from the pan and set it aside to rest for 10 minutes before slicing.
5. Add broccolini to a saucepan over medium heat. Let the broccolini cook on each side for a two minutes; this may slightly char the broccolini.
6. Add ghee, lemon zest, half the lemon juice, a third of the salt, and a third of the black pepper to the pan with the broccolini. Toss all ingredients together until the broccolini is fully coated. Continue to cook the broccolini, stirring occasionally, until tender.

NOTES

1. **Broccolini Substitution** : Broccolini can be substituted for fresh broccoli florets.

NUTRITION INFO

Calories : 443.73

Fat : 28.64 g

Carbs : 15.01 g

Protein : 33.85 g

Fiber : 4.06 g

Sugar : 6.71 g

Green Bean Bundles with Lemon Roasted Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 cup [220 g] Green String Beans
- 4 slice [60 g] Uncured Bacon
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [2.4 g] Onion Powder
- 1 tsp [2.1 g] Paprika
- 0.5 tsp [0.9 g] Red Pepper Flakes
- 1 tsp [1.2 g] Kosher Salt
- 1 tbsp [14 g] Olive Oil
- 10 oz [280 g] Skinless Chicken Breast
(Approximately 4 oz per chicken breast)
- 1 medium Lemon (*Thinly sliced*)
- 2 tsp [8 g] Green Goddess Seasoning Blend
- 4 pumps [4 g] Avocado Oil Cooking Spray

DIRECTIONS

1. Pre-heat oven to 350 degrees F (175 degrees C).
2. Cut the chicken breast in half and pound using a meat mallet until thin. Place the chicken on a baking sheet sprayed with avocado cooking oil spray.
3. Season both sides of the chicken breasts with the green goddess seasoning blend and top with lemon slices. Bake for 20-25 minutes until the chicken is fully cooked.
4. Add the green string beans, onion powder, garlic powder, red pepper flakes, paprika, salt, and olive oil to a large bowl. Toss until the green beans are well coated in the seasonings.
5. Place a slice of the uncured bacon horizontally on a cutting board. Add a half cup of the seasoned green string beans to the top of the left end of the bacon slice. Roll the bacon slice, ensuring the green string beans stay inside until the slice of bacon is completely wrapped around the green string beans. Repeat this step until all the green string beans are wrapped in bacon.
6. Place the green bean bundles in a non-stick baking pan and bake for 20-25 minutes until the bacon is crispy.

NOTES

1. **Preparation option:** This recipe also works without wrapping the green string beans in bacon. Chop the bacon into small pieces and toss it with the green string beans and seasonings. Place the mixture in a non-stick baking pan and cook for 20-25 minutes until the bacon is crispy.
2. **Protein option:** The chicken in this recipe can be substituted with shrimp. If using shrimp, skip step two. Bake the shrimp in a baking pan sprayed with avocado oil cooking spray for 10-15 minutes until fully cooked.

NUTRITION INFO

Calories : 415.17

Fat : 23.79 g

Carbs : 13.12 g

Protein : 39.33 g

Fiber : 5.02 g

Sugar : 3.14 g

Low Carb Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 10 oz [280 g] Ground Turkey
- 2 tbsp [18 g] Taco Seasoning
- 0.25 cup [59.25 g] Water
- 6 leaf [120 g] Romaine Lettuce
- 2 avocado [272 g] Avocado (*sliced*)

DIRECTIONS

1. In a large skillet, cook turkey until it is slightly browned.
2. Add in taco seasoning and water and continue to cook until water is evaporated.
3. Add 3 tbsp of turkey to each lettuce leaf and top with avocado.
4. Serve warm.

NUTRITION INFO

Calories : 490.5

Fat : 32.1 g

Carbs : 20.55 g

Protein : 31.25 g

Fiber : 10.48 g

Sugar : 0.5 g

Sun Dried Tomatoes and Artichoke Cod



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 6 oz [168 g] Cod
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tbsp [7 g] Almond Flour
- 1 tbsp [14 g] Avocado Oil
- 0.5 tbsp [6.4 g] Clarified Butter Ghee
- 0.25 cup [13.5 g] Sun-Dried Tomatoes
- 0.5 cup, hearts [130 g] Cooked Artichoke (Canned/Jarred)
- 2 clove [6 g] Garlic

DIRECTIONS

1. Pat cod dry and season with salt. Coat with almond flour and sit aside.
2. Add half the oil to a skillet on medium heat.
3. Add garlic to skillet, and cook until fragrant.
4. Add artichoke hearts and cook for 5 minutes.
5. Steam green beans.
6. Add sun dried tomatoes to artichoke hearts and move aside in skillet.
7. Increase skillet to medium-high heat and add in remainder of oil and ghee.
8. Add cod to skillet and cook on each side for 5 minutes.
9. Serve warm.

NUTRITION INFO

Calories : 487.55

Fat : 25.27 g

Carbs : 29.69 g

Protein : 40.12 g

Fiber : 12.55 g

Sugar : 7.28 g

Bruschetta Chicken With Roasted Potatoes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 1 medium [213 g] Russet Potatoes
- 1 medium [148 g] Tomatoes (Roma) (*Chopped*)
- 6 leaves [3 g] Basil
- 1 tbsp, chopped [5 g] Red Onions
- 1 tbsp [15 g] Balsamic Glaze
- 3 tbsp [42 g] Olive Oil (*Divided*)
- 1 tsp, ground [1.4 g] Thyme (Dried)

DIRECTIONS

1. Preheat oven to 360 degrees F (182 degrees C). Line a baking sheet with parchment paper or aluminum foil and set aside.
2. Season the chicken breast with salt and pepper to taste. Heat a skillet to medium-high heat and add half of the olive oil. Sear the chicken for 4-5 minutes per side to get a nice crust.
3. Place the chicken on the baking sheet and bake for 30 minutes until chicken is cooked through.
4. Wash the potato and cut into wedges. Season with half of the remaining olive oil, salt and thyme. Bake with the chicken.
5. While the chicken is cooking, chop the tomato, onion and basil and set in a bowl.
6. Season the bruschetta salad with balsamic vinegar, the rest of the olive oil, and salt.
7. Once the chicken and potatoes are cooked, serve with the salad on top and enjoy!

NUTRITION INFO

Calories : 460.6

Fat : 22.92 g

Carbs : 23.81 g

Protein : 35.46 g

Fiber : 3.46 g

Sugar : 3.55 g