



ReNEW**Life**RX

Adam's Meal Prep Chicken

Prep Time: 10 minutes

Cook time: 11 minutes

Ingredients:

Marinade:

- ½ cup Olive oil
- ¼ cup Honey
- 1 ½ tbsp Dijon mustard
- ½ - 1 tsp Chile-garlic sauce
- 1/8 tsp Onion powder
- 1/8 tsp Garlic powder
- ¾ tbsp Kick'n Chicken seasoning
- Pepper
- 1.5 lb.
Chicken
- BreastSalt
- (Optional: Lawry's seasoned salt)

Directions:

0. Preheat oven to 400 Fahrenheit and coat a large baking sheet with parchment paper
1. Add all your marinade ingredients to a mixing bowl and whisk to combine (it should become thick)
2. Cut chicken breast into bite-sized chunks and add them to the marinade
3. Marinate the meat in the sauce for 20 minutes (or overnight)
4. Place the chicken with the marinade on the prepared baking sheet and sprinkle salt over it
5. Bake the chicken for 6 minutes and then flip it over. Bake the meat for 5 more minutes
6. Serve chicken over rice