

Hibachi Chicken

Ingredients

Servings: 6 bowls Prep time: 10 minutes Cook time: 30 minutes

Macros (per bowl)

424 calories

50g protein

36g carb

14g fat

Ingredients for 6 bowls

Chicken

- 2 lbs boneless skinless chicken breast
- 1 tsp sesame oil
- 2 tsp salt
- 2 tsp pepper
- 2 tsp paprika
- 1 tsp garlic powder

1. Dice up 2 pounds of chicken into bite size pieces.
2. Season with ingredients above.
3. Heat large pan over medium heat, oil lightly and brown chicken.
4. Once cooked set aside to rest.



Sautéed zucchini and onion

- 2 large, chopped zucchini
- 1 large onion
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp olive oil

1. Slice onions and zucchini into long slices and season.
2. Oil large pan and sauté vegetables to preferred crispness
3. Once sautéed, set aside.

Rice

- 2 cups cooked jasmine rice

Veggies & egg mixture

- 1 cup frozen peas and carrots

- 1 large egg

- 184g egg whites/beaters

- 1/4 tsp salt

- 1/4 tsp black pepper

- 2 tsp garlic paste

- 2 tbsp soy sauce

- 1 tsp sesame oil

- 1 tbsp sriracha or chili paste

1. In large pan, heat vegetables to desired doneness.

2. Scramble egg and egg whites together with salt and pepper.

3. Mix vegetables back into pan with rice and remaining ingredients.

Yum yum sauce

- 5 tbsp Greek yogurt

- 2 tbsp sweet chili

- 1/2 tsp rice vinegar

- 2 tbsp water

- 1 tsp sriracha

1. Mix all ingredients together until well blended. Add water a teaspoon at a time if sauce appears too thick.

Divide chicken, zucchini and onions, and fried rice evenly between 6 meal prep containers.

Drizzle yum yum sauce over chicken and vegetables.

Notes

I sometimes add mushrooms and carrots, this will change the macros slightly so be sure to adjust as needed.

To reheat microwave for 90 seconds and enjoy.