

Ingredients

- 4 boneless, skinless chicken breasts (6oz each)
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 2 garlic cloves, minced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tsp salt
- 1/2 tsp black pepper
- Lemon slices (for garnish)

Instructions

1. Preheat the oven to 400°F (200°C).
2. In a bowl, mix olive oil, lemon juice, garlic, rosemary, thyme, salt, and black pepper.
3. Place the chicken breasts in a baking dish and pour the mixture over the chicken, making sure it is well coated.
4. Bake for 25-30 minutes, or until the chicken is fully cooked.
5. Garnish with lemon slices before serving.

Macros (per serving, serves 4)

- Calories: 280
- Protein: 30g
- Carbs: 2g
- Fat: 15g

Shopping List

- 4 boneless, skinless chicken breasts (6oz each)
- Olive oil
- Fresh lemon juice (or lemons)
- Garlic cloves
- Fresh rosemary
- Fresh thyme
- Salt
- Black pepper