

# GRILLED LEMON HERB CHICKEN

with Quinoa & Roasted Veggies

## Ingredients:

- 5 oz grilled chicken breast
- $\frac{3}{4}$  cup cooked quinoa
- 1 cup roasted zucchini, bell peppers, and cauliflower
- 1 tbs olive oil
- Cherry tomatoes chopped
- Lemon juice, garlic powder, salt, pepper, Italian seasoning

## Directions:

- Preheat oven to 400°F (200°C).
- Toss chopped veggies with olive oil, salt, and pepper. Roast for 20-25 min.
- Season chicken with lemon juice, garlic powder, salt, and pepper, Italian seasoning. Grill or bake until cooked through.
- Cook quinoa according to package directions. (use broth for extra flavor, bone broth for extra protein)
- Portion into containers for 5 days.
- Top with chopped cherry tomatoes.

*Enjoy!*

