



Devine Nutrition On the Go Meal Plan

January Week 3:

One Pan Chicken and Veggies

Slow cooker honey garlic chicken

Avocado, tomato, cucumber and onion salad-

Chicken Pasta Bake

Note: The shopping list corresponds (mostly) to the main dish. Since the sides for each meal vary upon the household, please remember to write in your sides on your shopping list!

Prep Ahead Tips for the week:

- Try chopping all veggies for the week after your shopping trip to save time during the week.
- You can omit chicken in pasta bake to make your dish vegetarian. Or to speed things up you can add Tyson precooked grilled chicken breast strips.

Meal 1: One Pan Chicken and Veggie!

Pick your veggie:

- sweet potato
- Brussels sprouts
- carrots
- broccoli

chicken breasts (However many you need)

Olive oil, to taste

2 tablespoons fresh rosemary, chopped

2 tablespoons fresh thyme, chopped

4 cloves garlic, minced

Salt, to taste

Pepper, to taste

PREPARATION

1. Preheat oven to 425°F/220°C.
2. Pick your veggie, cut up Cut vegetables, season with olive oil, salt, pepper, rosemary, thyme, and garlic.
3. Place veggies each on one half of baking pan lined with parchment paper.
4. Next, season both sides of the chicken breasts with olive oil, salt, pepper, and the remaining rosemary, thyme, and garlic over parchment paper. Seal parchment paper to keep chicken moist, and place on the center of the baking pan.
5. Bake for 25-30 minutes, until chicken is fully cooked and veggies are done to your liking.

(Make extra for your lunch leftovers! Keeps for up to 4 days. Seal in airtight containers once the food is cooled).

Meal 2: Slow Cooker Honey Garlic Chicken

Ingredients

1/3 cup honey
1/4 cup low-sodium soy sauce
4 cloves garlic, minced
1 tablespoon ginger, minced
1/2 teaspoon red pepper flakes
1/2 teaspoon black pepper
4 large chicken breasts, skin on, cut in half
2 cups baby carrots
1 red bell pepper, thinly sliced
2 cups broccoli florets
Salt, to taste

PREPARATION

1. In a medium bowl, mix together the soy sauce, honey, garlic, ginger, red pepper, and black pepper.
2. Place the chicken breasts directly on the bottom of the slow cooker, sprinkle with a bit of salt, and pour on the honey sauce.
3. Cook the chicken for 1 1/2 hours on high.
4. Toss in the carrots, broccoli, and bell peppers. Using tongs, mix the chicken and veggies around the slow cooker so that everything is mixed and coated with the honey sauce.
5. Cook on high for and 1 1/2 hours.
6. Remove the chicken from the slow cooker and place, skin-side up, on a parchment-lined baking sheet.
7. Broil for 2-3 minutes, until the skin is golden and crispy.
8. Serve on plates with the veggies, chicken, and a spoonful of the leftover honey sauce.
9. Enjoy!

Meal 3: Avocado, tomato, cucumber and onion salad- Great side dish or eat by itself

Ingredients

1 English cucumber, diced
4 Roma tomatoes, diced
3 ripe avocados, diced
1/2 red onion, thinly sliced
1/4 cup cilantro, chopped
1 lemon, juiced
Salt, to taste
Black pepper, to taste
2 tablespoons extra virgin olive oil

PREPARATION

1. Place sliced cucumber, tomatoes, avocados, onion, and cilantro in a large salad bowl.
 2. Toss with olive oil, lemon juice, salt, and pepper.
- If you are watching the calories for weight loss, I was only use 1 avocado in recipe.

Meal 4: Chicken Pasta Bake

Ingredients

1 box whole wheat mostaccioli
1/2 jar organic pasta sauce
8-12 oz. chopped chicken breast
1 bag 2% mozzarella cheese
1 Tbsp. Basil
1 Tbsp. Oregano
2 tsp. Garlic

Directions 1. Cook pasta according to package directions. 2. Spray 9X13 pan 3. Add pasta, chicken, sauce, 1/2 pkg. cheese and herbs. Mix well. 4. Top with rest of cheese 5. Bake in oven for 20-25 minutes.

Sides Serve with a side salad or whole-wheat garlic toast

P.S. I add a can of chopped artichoke hearts and diced tomatoes as well to add more veggies.

Grocery List

Produce	Bread/Pasta/Misc.	Dairy/Refrigerated
Red bell pepper	(8 ounce) dry penne pasta	1 bag 2% mozzarella cheese
Broccoli	Prego smart pasta sauce	
Seedless cucumber		
Avocados		
Cilantro		
Red onion		
4 Roma tomatoes		
Lemon		
Bakery	Condiments / Sauces	Meat/Dairy/Seafood
	Honey	4-8 large chicken breasts
	Low sodium soy sauce	
Snacks	Canned foods	Baking
Tortilla strips	4 cans 14.5 oz. chicken broth	1 tablespoon brown sugar
Frozen	Spices & herbs	Beverages
	Rosemary, Thyme, Garlic Ginger Red pepper flakes	