



Chicken & Veggie Stir-Fry

High-protein, veggie-packed, and ready in 20 minutes

Ingredients

- 1 lb boneless, skinless chicken breast, thinly sliced
- 4 cups mixed vegetables (broccoli, bell peppers, snap peas, carrots)
- 2 teaspoons olive oil or avocado oil
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger (or ½ tsp ground)

Sauce

- ¼ cup low-sodium soy sauce or tamari
 - 1 tablespoon honey
 - 1 tablespoon rice vinegar
 - 1 teaspoon sesame oil
 - 1 tablespoon cornstarch (optional, for thickening)
 - ¼ cup water
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Directions

1. Heat oil in a large skillet or wok over medium-high heat.
 2. Add chicken and cook 5–6 minutes until browned and cooked through. Remove and set aside.
 3. In the same pan, add garlic, ginger, and vegetables. Stir-fry 4–5 minutes until tender-crisp.
 4. In a small bowl, whisk sauce ingredients.
 5. Return chicken to the pan and pour in sauce.
 6. Cook 2–3 minutes until sauce thickens and coats everything.
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Serve With

- Brown rice
 - Quinoa
 - Cauliflower rice (lower carb option)
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Nutrition Highlights 🥗

- ✓ ~30g protein per serving
- ✓ High fiber from veggies
- ✓ Balanced carbs + healthy fats
- ✓ Lower sodium (using low-sodium soy sauce)