







# HIGH-PROTEIN CHICKEN BREAST RECIPES

	RECIPE	PROTEIN
	Crockpot Chicken Fajitas Burrito Bowl	34 Grams
	Chicken & Chickpea Curry	26 Grams
	High-Protein Tuscan Chicken	61 Grams
	“Marry Me” Chicken Pasta	58 Grams
	Spinach-Stuffed Chicken Breast	42 Grams
	Lemon Garlic Chicken	27 Grams
	Chicken with Coconut Kale	29 Grams
	Slow-Cooker Thai Peanut Chicken	31 Grams
	Chicken Parmesan Quinoa Bake	57 Grams
	Asian-Inspired Chicken Salad	36 Grams
	Creamy Buffalo Chicken Casserole	21 Grams

# HIGH-PROTEIN CHICKEN THIGH RECIPES

	RECIPE	PROTEIN
	Sheet Pan Chicken with Roasted Veggies	35 Grams
	Chicken Tacos	31 Grams
	Sheet Pan Sesame Chicken	40 Grams
	Sheet Pan Chicken Shawarma Bowls	33 Grams
	Chicken and Rice	43 Grams
	Slow-Cooker Pulled Chicken Sandwiches	28 Grams