

Italian Chicken Meal Prep Bowls

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-easy-authentic-italian-meal>

Ingredients:

- 2 pounds boneless, skinless chicken breasts cut into bite sized pieces
- 1 1/2 cups broccoli florets
- 1 red onion small, chopped
- 1 cup plum tomatoes
- 1 medium zucchini chopped
- 2 teaspoons garlic minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons basil
- 2 teaspoons marjoram
- 2 teaspoons rosemary
- 2 teaspoons thyme
- 1 teaspoon paprika
- 2 tablespoons olive oil
- 4 cups cooked rice choice, optional
- meal Prep Containers

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 145 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 3 grams
8. Sodium: 870 milligrams
9. Sugar: 5 grams

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