

Mexican Chicken Meal Prep Bowls

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-bowl-recipe-meal-prep>

Ingredients:

- 1 tablespoon coconut sugar or brown sugar
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon chipotle chili or any other chili powder
- 1/2 teaspoon sea salt
- 20 ounces chicken breasts 300g each
- 2 cups black beans cooked
- 1/4 cup yellow onion chopped
- 1 clove chopped garlic
- 1 cup chicken broth
- 4 zucchinis medium
- 2 tomatoes large
- 1/3 cup red onion chopped
- 1/4 cup jalapeno chopped
- 1/3 cup chopped fresh cilantro
- 1/2 lime
- sea salt
- 2 tablespoons sour cream
- 1 tablespoon avocado oil

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 95 milligrams
4. Fat: 10 grams
5. Fiber: 11 grams
6. Protein: 40 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 1070 milligrams
 9. Sugar: 12 grams
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