



This chicken and sweet potato power bowl is packed with lean protein, healthy fats, and complex carbs to keep you energized throughout the day! Perfect for a balanced, on-the-go meal.

Chicken & Sweet Potato Power Bowl

Ingredients:

- Cooked Chicken Breast (grilled or baked, diced): 4 oz (112 g)
- Sweet Potato (cubed and roasted): 1/2 medium (100 g)
- Steamed Broccoli Florets: 1/2 cup (80 g)
- Avocado: 1/4 medium (50 g), sliced
- Red Onion (thinly sliced): 2 tbsp (10 g)
- Olive Oil: 1 tsp (5 ml)
- Garlic Powder: 1/4 tsp (1 g)
- Paprika: 1/4 tsp (1 g)
- Salt: 1/4 tsp (to taste)
- Black Pepper: 1/4 tsp (to taste)
- Lemon Juice: 1 tbsp (15 ml)

Macronutrients:

- **Calories:** ~420 kcal
- **Protein:** 35 g
- **Carbohydrates:** 35 g
 - **Fiber:** 8 g
 - **Sugars:** 8 g
- **Fat:** 17 g
 - **Saturated Fat:** 2 g

Instructions:

1. **Prepare the Sweet Potato:**
 - Preheat the oven to 400°F (200°C).
 - Cube the sweet potato and toss with 1/2 tsp olive oil, paprika, garlic powder, salt, and black pepper.
 - Spread evenly on a baking sheet and roast for 20-25 minutes, flipping halfway, until tender and slightly crispy on the edges.
2. **Cook the Chicken:**
 - Grill or bake the chicken breast, seasoned with salt and pepper, until fully cooked (internal temperature of 165°F / 74°C). Once cooked, dice into bite-sized pieces.
3. **Prepare the Bowl:**
 - In a bowl, add the roasted sweet potato, diced chicken, steamed broccoli, and sliced avocado.
4. **Season & Dress:**
 - Drizzle the remaining 1/2 tsp olive oil and lemon juice over the bowl. Toss gently to mix everything.
5. **Serve & Enjoy:**
 - Serve immediately or pack it for a meal on the go.