



## Chicken and Veggie Stir-Fry

### Ingredients:

- 5 oz chicken breast (grilled or cooked)
- 1 cup mixed veggies (e.g., bell peppers, broccoli, snap peas)
- 1 tbsp olive oil or coconut oil
- 1 tbsp soy sauce or coconut aminos (optional)
- Mrs. Dash seasoning

### Prep:

1. **Cook chicken:** Grill or bake chicken breast. Slice into strips or cubes.
2. **Sauté veggies:** In a skillet, sauté the mixed vegetables in oil until tender.
3. **Combine:** Add the chicken back to the skillet, drizzle with soy sauce (optional), and season with Mrs. Dash.

### Macros (per serving):

**Calories: ~350 | Protein: ~45g | Carbs: ~15g | Fat: ~14g**