

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.





One Pan Chicken, Cabbage & Broccoli

2 servings

25 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 1/2 tpsps Ginger (fresh, grated or minced)
- 1/8 tsp Sea Salt
- 2 cups Broccoli (cut into small florets)
- 2 cups Purple Cabbage (cut into thin strips)
- 12 Cremini Mushrooms (medium, quartered)
- 10 ozs Chicken Breast (boneless, skinless, cut into strips)
- 2 stalks Green Onion (chopped, optional for garnish)

Nutrition

Amount per serving	
Calories	412
Fat	18g
Saturated	3g
Carbs	25g
Fiber	6g
Sugar	14g
Protein	39g
Cholesterol	103mg
Sodium	814mg
Vitamin A	2083IU
Vitamin C	137mg
Calcium	108mg
Iron	3mg

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.



Vitamin D	9IU
Vitamin B6	1.7mg
Folate	108µg
Vitamin B12	0.4µg
Magnesium	86mg
Zinc	2mg