

All-Natural Chicken Breast

Add an all-natural, cage-free, hormone-free chicken breast to your entree.
Quantity of 1 = one chicken breast.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

1 MEEZ CONTAINERS

Chicken Beasts

Add Protein Cooking Instructions

Cook protein: Heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes.

Good to Know

Health snapshot per chicken breast – 220 Calories, 41g Protein, 0g Carbs, 5g Fat, 3 Freestyle Points.

INGREDIENTS: All-Natural Chicken Breast

meezmeats