



Meal Prep Chicken - 2 Ways

INGREDIENTS

Curried Chicken

1 lb Chicken Breast (cut into bite sized pieces)
1/4 cup Plain Greek Yogurt
1 Tbl Curry Powder
1.5 Tbl Fresh Lemon Juice
1 Tbl Olive Oil
Salt and Pepper to taste

Garlic-Yogurt Chicken

1 lb Chicken Breast (cut into bite sized pieces)
1/4 cup Plain Greek Yogurt
2 Cloves Garlic
1 tsp Oregano
1.5 Tbl Fresh Lemon Juice
1 Tbl Olive Oil
2-3 Tbl Chopped Parsley
Salt and Pepper to taste

INSTRUCTIONS

1. **To prepare Curried Chicken:** Add all ingredients to a mixing bowl or large ziplock and gently toss to coat well. Cover and marinate in the refrigerator for at least 1 hour or overnight.
2. **To prepare Garlic-Yogurt Chicken:** Add all ingredients to a mixing bowl or large ziplock and gently toss to coat well. Cover and marinate in the refrigerator for at least 1 hour or overnight.
3. Preheat oven to 400°.
4. Place the Curried Chicken in a single layer onto half of the baking sheet and Garlic-Yogurt Chicken in a single layer on the other half of the baking sheet.
5. Roast until all the chicken is cooked through, about 15-18 minutes.
6. Allow meat to cool and portion into containers. You can refrigerate for up to 5 days.