

CHICKEN AND RICE STIR FRY

FOR MEN

Serves: 1

Prep: 20 minutes

Cook: 20 minutes

NUTRITION FACTS

Amount Per Serving

Calories	989	Folate	356mcg
Protein (g)	75g	Thiamin	0.7mg
Carbohydrate (g)	99g	Riboflavin	1.3mg
Dietary Fiber	18g	Niacin	22.7mg
Total Sugars	40g	Calcium	511mg
Total Fat	35g	Potassium	2222mg
Saturated Fat	4g	Sodium	872mg
Polyunsaturated Fat	12g	Copper	1mg
Monounsaturated Fat	14g	Iron	6.7mg
Cholesterol	116mg	Magnesium	321mg
Vitamin A	804mcg	Phosphorus	1078mg
Vitamin B6	1.9mg	Selenium	22mcg
Vitamin B12	1mcg	Zinc	5.5mg
Vitamin C	238mg		
Vitamin D	2mcg		
Vitamin E	16mg		
Vitamin K	49mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

5 ounce(s) cooked, chicken breast, skinless, baked

1/2 cup cauliflower, raw

3 basil leaves

1/4 cup, chopped sweet green pepper, raw

1/2 cup chopped onion, raw

1/2 cup, chopped sweet red pepper, raw

1/2 cup edamame, raw

1/2 cup, slices carrots, raw

3/4 cup brown rice, long grain, cooked (no salt or fat added)

2 tbsp. Teriyaki sauce, reduced sodium

2 tsp vegetable oil

3/4 cup navel orange, raw

1/4 cup almonds

3/4 cup skim milk

DIRECTIONS

1. 3/4 cup of brown rice (uncooked) and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.
2. Spray wok or large skillet with non-stick spray and heat over medium-high heat. Place the cut pieces of chicken in the wok, pour in 2 tsp vegetable oil and cook until no longer pink, about 3-4 minutes.
3. Add in chopped green peppers, red peppers, cauliflower, onions, carrots and edamame to the wok along with almonds and stir in 2 tbsp. low sodium Teriyaki sauce, and cook for another 3-4 minutes.
4. Add rice, chicken and basil leaves; mix well. Cover; cook on low heat 5 min. or until rice is tender and chicken mixture is heated through.
5. Enjoy with skim milk and a navel orange.

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CHICKEN AND RICE STIR FRY

FOR WOMEN

Serves: 1

Prep: 20 minutes

Cook: 20 minutes

NUTRITION FACTS

Amount Per Serving

Calories	722	Folate	267mcg
Protein (g)	56g	Thiamin	0.6mg
Carbohydrate (g)	74g	Riboflavin	0.8mg
Dietary Fiber	10g	Niacin	17.7mg
Total Sugars	35g	Calcium	376mg
Total Fat	24g	Potassium	1602mg
Saturated Fat	3g	Sodium	809mg
Polyunsaturated Fat	12g	Copper	0.6mg
Monounsaturated Fat	6g	Iron	4.5mg
Cholesterol	94mg	Magnesium	201mg
Vitamin A	320mcg	Phosphorus	790mg
Vitamin B6	1.7mg	Selenium	21mcg
Vitamin B12	1mcg	Zinc	3.8mg
Vitamin C	249mg		
Vitamin D	2mcg		
Vitamin E	11mg		
Vitamin K	30mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

4 ounce(s) cooked, chicken breast, skinless, baked

1/2 cup cauliflower, raw

3 basil leaves

1/4 cup, chopped sweet green pepper, raw

1/2 cup chopped onion, raw

1/2 cup, chopped sweet red pepper, raw

1/4 cup edamame, raw

1/2 cup brown rice, long grain, cooked (no salt or fat added)

2 tbsp. Teriyaki sauce, reduced sodium

1 tsp vegetable oil

3/4 cup navel orange, raw

3 tbsp. sunflower seed kernels, dried

3/4 cup skim milk

DIRECTIONS

1. 1/4 cup of brown rice (uncooked) and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.
2. Spray wok or large skillet with non-stick spray and heat over medium-high heat. Place the cut pieces of chicken in the wok, pour in 2 tsp vegetable oil and cook until no longer pink, about 3-4 minutes.
3. Add in chopped green peppers, red peppers, cauliflower, onions, carrots and edamame to the wok along with almonds and stir in 2 tbsp. low sodium Teriyaki sauce, and cook for another 3-4 minutes.
4. Add rice, chicken and basil leaves; mix well. Cover; cook on low heat 5 min. or until rice is tender and chicken mixture is heated through.
5. Enjoy with skim milk and a navel orange.

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