



Greek Chicken Bowls



prep time
30 minutes



total time
30 minutes



servings
5 bowls

Ingredients

For the Greek-Seasoned Chicken

- 3 medium/~450 grams boneless, skinless chicken breasts ~ 15 servings of protein
- 1 tablespoon extra virgin olive oil ~ 1 serving of fat
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon dried basil
- ½ teaspoon dried minced onion
- ½ teaspoon garlic powder
- 1 teaspoon salt

Tzatziki ~ 1 serving of protein, 2 servings of fat,
1 serving of veggies

For the Cauliflower Tabbouleh

- 1 12-ounce/360 grams bag cauliflower rice thawed ~ 5 servings of veggies
- ½ medium cucumber unpeeled and diced ~ 1 serving of veggies
- 1 cup tomatoes diced (about 2 Roma) ~ 1 serving of veggies
- 1 ½ cups flat-leaf parsley chopped ~ 1 serving of veggies
- ¼ cup mint leaves chopped, optional
- 2 scallions white and pale-green parts only, sliced thin
- 1 clove garlic finely minced
- 2 tablespoons extra-virgin olive oil, divided ~ 2 servings of fat
- ¼ teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- ¼ teaspoon crushed red pepper flakes
- 1 teaspoon salt plus more to taste

For the Greek Meal Prep Bowls

- ¾ cup hummus, about 2-3 tablespoons per bowl ~ 12 servings of fat
- 5 kalamata olives about 5 per bowl ~ 1/4 serving of fat
- crumbled feta, 2-3 tablespoons per bowl ~ 3 servings of protein, 2 servings of fat

 bulk meal prep

Instructions

For the Greek-Seasoned Chicken

- 1 Preheat oven to 400° F.
- 2 Combine all herbs, spices, and salt in a small bowl.
- 3 Brush both sides of chicken breasts with olive oil and sprinkle generously with herb mixture.
- 4 Bake until the meat thermometer reads 160° F, about 25-28 minutes for pretty thick breasts. Don't overcook!
- 5 Remove from oven and set aside to fully cool.
- 6 Once cooled, slice chicken breasts into about ½" slices against the grain.



For the Cauliflower Tabbouleh

Combine all ingredients and season with additional salt, to taste.

Assemble the bowls by dividing the ingredients between 5 bowls.

Whole Recipe Breakdown:

19 Servings Protein
0 Servings Carb
19 1/4 Servings Fat
9 Servings Veggies

