



# Shredded Hawaiian Chicken



prep time  
10 minutes



total time  
4 hr, 10 min



servings  
6

## Ingredients

- 1 lb/450 grams. boneless skinless chicken breast ~ 15 protein servings
- ½ lb/225 grams. boneless skinless chicken thighs ~ 6 protein servings
- ½ small yellow onion, diced ~ ½ veggie serving
- 3 garlic cloves, minced
- 1 8-ounce/240 grams can crushed pineapple, slightly drained ~ 2.5 carb servings
- 1/3 cup coconut aminos\*
- Juice of 1 lime (2 to 2 1/2 tablespoons)
- ½ teaspoon ground ginger
- ¼ teaspoon red pepper flakes
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper

## Instructions

- 1 In the slow cooker, place the chicken breasts and thighs, onions, and garlic.
- 2 In a small bowl, combine the pineapple, coconut aminos, lime juice, ground ginger, red pepper flakes, salt, and pepper. Stir until the sauce is mixed and then pour over the ingredients in the slow cooker.
- 3 Cook on low for 4-6 hours or on high for 3 hours (until the chicken is cooked through). Remove the cooked chicken from the slow cooker and place on a plate or cutting board, then shred.
- 4 Return the shredded chicken to the slow cooker and stir it into the juices. Set the slow cooker on the Keep Warm function until ready to serve.



- 5 Serve over rice, veggies or with large lettuce leaves as a wrap.

Whole Recipe Breakdown:  
21 Servings Protein  
2.5 Servings Carb  
0 Servings Fat  
1/2 Servings Veggies