Easy Foil Pack Meal

1 serving
30 minutes

Ingredients

4 ozs Chicken Breast (or any lean meat, serving size for her appr. 4 oz)

1/2 cup Mini Potatoes (substitue with 1/2 cup cooked yams, rice or quinoa)

1 cup Green Beans (or any veggies: chopped onion, carrots, peppers, asparagus, zucchini, etc)

1 Sea Salt & Black Pepper (sprinkle to taste)

Nutrition

Amount per serving	
Calories	292
Fat	5g
Saturated	1g
Carbs	27g
Fiber	6g
Sugar	4g
Protein	40g
Cholesterol	118mg
Sodium	73mg

Directions

1 Quick, easy and delicious meal that anyone can make! Place your desired meat, carb and veggies on a large sheet of tin foil (on a baking sheet), sprinkle with spices of your choice, maybe flavor with some dijon mustard, a little honey or balsamic vinegar (get creative and try new things, but simply salt and pepper works great too!), cover with another sheet of foil and fold over all edges so that you have a sealed foil pack to keep in heat and moisture.

2 Bake in a preheated 350 degree oven for about 20-30 minutes. Check for doneness after 20 minutes of all food ingredients, carefully accessing into the foil without damaging it too much, and if longer time is needed, reseal the foil and cook 5-10 minutes longer.

3 Double or triple this and make a big batch so that you have enough for another couple of meals, saving you precious time.

Notes

AMAZING MOISTURE & FLAVOR: A sealed foil pack meal like this keeps moisture and flavour in, creating a delicious meal that's super easy to prepare.

MORE FLAVORS: Add some rosemary, thyme, garlic or splash of balsamic vinegar or soy sauce to dress it up.

MEAL PREP TIP: Don't have time to wait the half hour while this cooks after getting home at the end of a long day? Do it in the morning while you're getting ready for work! We're all about making good nutrition work in your real life - so who says you can't cook dinner at 6am, or at 9pm the night before? Whenever time is on your side, prep your meals and have them in the fridge waiting to be reheated when you're in a crunch!