

Lemon Chicken with Thyme

- 4 -3oz chicken breasts
- Juice of 2 lemons
- Zest of one lemon
- 1.5 tablespoon avocado oil
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme
- 1 teaspoon pepper
- ½ teaspoon Himalayan sea salt



1. Preheat oven to 375 degrees F.

2. Whisk together lemon juice, lemon zest, avocado oil, garlic, thyme, salt and pepper; set aside.

3. Place chicken breasts in a baking dish and pour mixture over top, making sure to completely coat them. Bake for about 40 minutes (depending on size of chicken) until juices run clear. Enjoy!

Makes 4 servings.

Serving Size = 3 ounces

Enjoy with 1 serving of on plan fruit + 2 servings of vegetables to complete the meal.

