

Savory Baked Chicken

Makes 1 serving (1 protein, 1 Melba toast)
26 grams protein
3 grams fat
165 calories

Ingredients

- 100 grams chicken breast
- 1 serving Melba toast crumbs
- ½ cup hCG diet approved chicken broth or water
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ⅛ teaspoon thyme
- Pinch of fresh or dried rosemary
- 1 teaspoon fresh parsley, chopped
- Sea salt and pepper to taste

PHASE 3 MODIFICATIONS

Dip chicken in egg, add grated parmesan cheese to the spice mixture, and drizzle with olive oil.

Directions

1. Combine Melba toast crumbs with dried spices.
2. Dip chicken breast in lemon juice and Bragg's liquid aminos and coat with herb mixture.
3. Bake chicken in 350 degree oven for approximately 20 minutes or until thoroughly cooked.

