## **Sweet Lemon Chicken**

## Ingredients

- 100 grams chicken, thinly sliced
- Juice of ½ lemon with rind
- 1 tablespoon Bragg's liquid aminos
- ¼ cup hCG diet approved chicken broth or water
- 1 cup water
- Dash of cayenne pepper
- Sea salt to taste
- Stevia to taste (optional)

## **Directions**

- 1. Slice ½ lemon in quarters and add to water.
- 2. In a small saucepan boil lemon quarters until pulp comes out of the rind.
- 3. Add broth, chicken, Bragg's liquid aminos, and spices and simmer on low heat until chicken is cooked and sauce is reduced by half.
- 4. Deglaze periodically with water if necessary.
- 5. Garnish with fresh lemon slices, lemon zest or mint.

## **Nutritional Info**

Number of Servings per recipe: 1

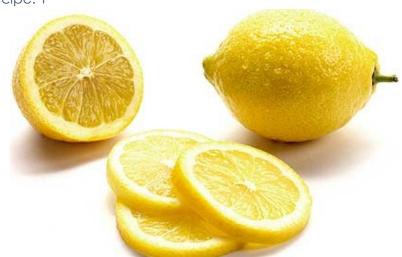
Amount Per Serving

Calories: 150Total Fat: 1.3 g

Cholesterol: 60.5 mgSodium: 1,509.2 mg

Total Carbs: 2.4 gDietary Fiber: 0.1 g

• Protein: 25.5 g



Makes 1 serving

26 grams protein

(1 protein)

2 grams fat 150 calories



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