

Lunch – Whole 30

CHICKEN, ROASTED VEGGIES, AND POTATOES + Peas

\$4.42/SERVING EST



Ingredients and groceries scaled from original 1 serving

2 ¼ pound chicken breast

36 potatoes halved

13 ½ cups green beans trimmed

4 ½ cups cherry tomatoes

5/8 cup olive oil, divided

9 dashes salt

9 dashes pepper

Prep: 10 mins

Cook: 35 mins

Chicken

1. If you have a grill; prepare grill to medium-high heat and coat with cooking spray. Brush chicken with olive oil and season

with salt and pepper. Place chicken on grill rack; grill 6 minutes on each side or until done.

2. If using an oven: preheat to 350° Brush chicken with half the olive oil and season with salt and pepper. Bake for 35 minutes until done.

Roasted Veggies

1. Preheat oven to 425°.
2. Combine olive oil, salt, black pepper, potatoes, green beans, and tomatoes on a baking sheet coated cooking spray; toss to coat. Bake at 425° on bottom rack for 25 minutes, stirring once.
3. Serve

PEAS

\$0.60/SERVING EST

Ingredients and groceries scaled from original 1 serving

1/3 cup olive oil

9 cups frozen peas

9 cloves garlic minced

2 ¼ lemons zested and juiced

Prep: 5 mins

Cook: 5 mins

1. Heat oil in a skillet over medium high heat. Add peas and garlic and cook, stirring occasionally, until peas are warmed through.
2. Stir in lemon zest and juice.