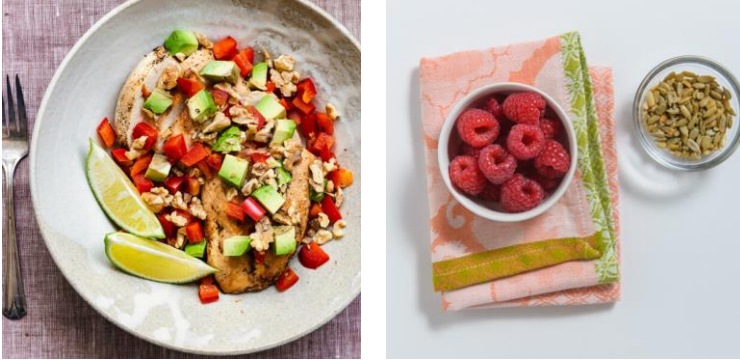


Lunch – Whole 30

LIME WALNUT CHICKEN + RASPBERRIES AND SUNFLOWER SEEDS

\$6.02/SERVING EST



- 1 tablespoon coconut oil divided
- 2 teaspoons taco seasoning divided
- 1 pinch salt
- ½ cup walnuts chopped
- 6 red bell peppers diced
- 1 lb. chicken breast
- 2 tablespoons lime juiced
- 1 avocado diced

Prep: 5 mins Cook 20 mins

1 In a large skillet melt 1/3 of the coconut oil over medium heat. Add ¼ of the taco seasoning and pinch of salt and stir in walnuts. Cook for 5 minutes or until toasted, stirring frequently. Remove from skillet.

2. In the same skillet, add red bell peppers and sauté until tender. Remove from skillet.
3. In the same skillet, melt remaining coconut oil over medium heat. Add remaining taco seasoning and a pinch of salt. Add chicken and turn to coat both sides with oil. Cook for 5 minutes on each side until cooked through.
4. Add lime juice and cooked bell peppers to skillet and cook for a few more minutes. Remove from heat and top with avocado and walnuts before serving.

RASPBERRIES AND SUNFLOWER SEEDS

\$2.36/SERVING EST

Ingredients and groceries scaled from original 1 serving

10 cups raspberries

20 tablespoons sunflower seeds