

Sweet Lemon Chicken

Makes 1 serving (1 protein)
26 grams protein
2 grams fat
150 calories

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: 150
- Total Fat: 1.3 g
- Cholesterol: 60.5 mg
- Sodium: 1,509.2 mg
- Total Carbs: 2.4 g
- Dietary Fiber: 0.1 g
- Protein: 25.5 g



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