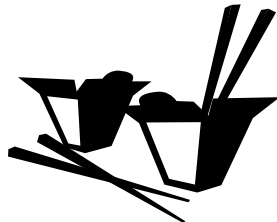


Good Luck Chicken Teriyaki

4 serving
Net Wt:

Ingredients	Preparation
2 cups dry brown or white rice	Steam rice: boil 4 cups of water, add rice, and simmer until cooked
1 pound of boneless, skinless chicken breast	Grill, bake or boil chicken and cut into long strips
Broccoli and carrots or vegetables of choice	Steam vegetables in microwave or on stove
Teriyaki sauce	Pour 2 tablespoons or less of teriyaki sauce over chicken, rice and veggies and serve in bowl
~ 400 Calories & 28 grams of protein!	Good Luck Chicken Teriyaki says: Have fun today ☺

Food 4 Thought
Santa Ana 92705



Health Tips

Rice: Is a member of the carbohydrate family and is healthiest when steamed

Types of Rice: Brown rice is available and may have more fiber in it than white rice, **read the label** and choose the rice with the most grams of fiber per serving!

Rice: Is part of a low fat diet and does not raise cholesterol levels

Chicken: Is a source of protein, which helps maintain muscle mass in the body. Choose leaner cuts of meat like skinless chicken breast for better heart health

***Vegetables:** Provide vitamins, phytochemicals and fiber that keep the body strong

Fun Fact: Eating **balanced meals** means that there are carbohydrates, protein, and vegetables combined into one meal. Balanced meals should be eaten to maintain health.

* Studies have shown these items may improve chronic diseases like cancer and heart disease

For more information contact
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