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*This is one of those foundational recipes you'll come back to again and again. It's quick, reliable, and perfect for meal prep. Flattening the chicken helps it cook evenly, keeping it tender and juicy. Use it as a base for salads, bowls, or simple plate meals throughout the week.*

## INGREDIENTS

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- 4 Chicken breasts
- Pinch of Pink Himalayan salt and black pepper
- 1 Tbsp Extra virgin olive oil

## INSTRUCTIONS

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1. Preheat the oven to 425°F.
2. Season the chicken breasts with salt and pepper. Place them in a zip-top bag, seal, and gently pound to an even thickness (about  $\frac{3}{4}$  inch).
3. Transfer the chicken to a baking dish or sheet pan. Drizzle with olive oil.
4. Bake for 18–20 minutes, or until the internal temperature reaches 165°F.
5. Let rest for 5–10 minutes before slicing to keep the juices in.

**Note:** This chicken is intentionally simple, so you can use it in different ways throughout the week. Change the flavor by adding lemon and herbs, garlic and rosemary, or a spice blend before baking. It also works well sliced cold over salads or reheated gently with vegetables.

### **Nutrition** (Based on 2000kcal)

196kcal/serving | **Macros:** Net Carbs 0.00 g (0.0 g fiber), Protein 35.1 g, Fat 5.1 g (1.4 g saturated)

**Good source (10-19% DV):** Omega-3, Protein, B2 (riboflavin), B12 (cobalamin), Iron, Magnesium, Potassium, Zinc.

**Excellent source (>20% DV):** Protein, B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), Phosphorus, Selenium.