



MAPLE-SRIRACHA CHICKEN WITH ROASTED SWEET POTATOES AND BROCCOLI						
INGREDIENT	QUANTITY	CALS	PROT. (g)	CARBS (g)	FATS (g)	
CHICKEN BREAST (BONELESS/SKINLESS)	1 kg (4-5 breasts)	1650	310	0	36	
RED ONION	1, medium sized	60	1	16	0	
SWEET POTATO	3, med to large	627	11	110	18	
BROCCOLI	3 bunches	621	51.5	121	6.8	
SRIRACHA	1 tbsp	90	0	1	9	
MAPLE SYRUP	1 tbsp	52	0	14	0	
OLIVE OIL	3 tbsp	360	0	0	41	
BATCH TOTAL CALS & MACROS		CALS	PROT. (g)	CARBS (g)	FATS (g)	
		3460	373.5	262	110.8	
PER SERVING TOTAL CALS & MACROS		#OF SERVINGS	CALS	PROT. (g)	CARBS (g)	FATS (g)
		6	576.67	62.25	43.67	18.47
		7	494.29	53.36	37.43	15.83
		8	432.50	46.69	32.75	13.85
MACRO RATIO			40%	30%	30%	

### INSTRUCTIONS

**CHICKEN & STEAK:** MIX 3 TBSP OF WATER WITH 1 TBSP EACH OF OLIVE OIL, SRIRACHA, & MAPLE SYRUP. LET CHICKEN MARINATE IN MIXTURE FOR 30 MIN. REMOVE FROM MARINADE, SEASON WITH SALT + PEPPER TO TASTE AND GRILL OR BROIL TILL DONE. SLICE & DIVIDE EQUALLY PER SERVING SIZE.

**SWEET POTATOES:** DICE UP SWEET POTATOES INTO 1" CHUNKS, DICE UP ONION (MED. TO LG. CHUNKS), TOSS TOGETHER IN A LARGE BOWL WITH 1 TBSP OLIVE OIL, AND SALT + PEPPER TO TASTE. SPREAD OUT IN A SINGLE LAYER ON A LARGE BAKING SHEET, ROAST IN A PRE-HEATED 400F OVEN ON THE MIDDLE RACK FOR 45 MINUTES OR UNTIL DESIRED TENDERNESS IS REACHED. DIVIDE EQUALLY PER SERVING SIZE.

**BROCCOLI:** CHOP INTO FLORETS AND TOSS IN A LARGE BOWL WITH 1 TBSP OLIVE OIL, SALT + PEPPER. PLACE IN A ROASTING PAN ALONG WITH 2 TBSP OF WATER AND ADD TO THE MIDDLE RACK OF THE 400F OVEN DURING THE LAST 20 MINUTES OF COOK TIME FOR THE SWEET POTATOES.

**ASSEMBLE:** 1 PORTIONED AMOUNT OF EACH INTO A PLATE OR BOWL