

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Soleve Ideal Protein

Fried Chicken



Are you missing Fried Chicken on Phase 1? Well, not anymore!!!!

Simply dip your chicken breast in egg whites and roll it in the IP Potato Puree (herbs/spices of your choice). Fry the battered chicken breast in olive oil on the stove top until cooked thoroughly. Voila... You have Fried Chicken!!!

Added bonus recipe: (sorry no picture)

Crispy baked chicken breast - Ideal Protein Legal

Minutes to Prepare: 15

Minutes to Cook: 30

Number of Servings: 2

Ingredients

16 oz boneless skinless chicken breast
1/2 tsp garlic powder
1/4 tsp cumin
1 Pkg Ideal Protein Southwest Cheese Curls
Olive oil cooking spray

Tips: Remember on the Ideal Protein, the cheese curls are a restricted product. If you are going to use them for dinner, make sure you don't have another restricted food earlier in the day.

Directions

Pre-heat oven to 350.

1. Pound Chicken breast to 1/4 inch thickness.
2. In a blender or food processor, grind up the cheese curls until they look like bread crumbs
3. Mix garlic powder and cumin with the crumbs.
4. Lightly spritz the chicken with olive oil cooking spray.
5. Place chicken in a gallon size bag and add the cheese curl mixture.
6. Shake to coat evenly.

Bake on a raised grill or grill pan in oven for 30 minutes, turning chicken over half way through.

Serving Size: 2 8 ounce servings

Number of Servings: 2