

# Chicken Gyro

*Recipe makes 6 meals*

## Ingredients

- 3 Boneless Skinless Chicken Breasts, 8 oz each
- 6 Pitas
- 1.5C Plain Greek Yogurt, divided
- 6 oz Crumbled Feta
- 1/2 Cucumber, diced
- 1/2 Onion, sliced
- 1/4C Water
- 4 Tbsp Sliced Kalamata Olives
- 2 Tbsp Olive Oil, divided
- 1.5 Tbsp Lemon Juice, divided
- 1.5 Tbsp Garlic Powder, divided
- 1 Tbsp Onion Powder, divided
- 1.5 tsp Salt, divided
- 1 tsp Smoked Paprika
- 1 tsp Black Pepper
- 1 tsp Dill, divided
- 1/4 tsp Turmeric
- 1/4 tsp Cumin
- Non-Stick Cooking Spray



## Nutrition Profile

*- per meal -*

Calories - 482

Fat - 16g

Carbohydrates - 46g

Protein - 38g

**Estimated Cost  
Per Meal**

**\$3.35**

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# Instructions

1. Start by slicing your chicken in half horizontally and set aside.
2. In a large mixing bowl, add 3/4 cup plain Greek yogurt, 1/4 cup water, 1 Tbsp lemon juice, 1 Tbsp olive oil, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp smoked paprika, 1 tsp salt, 1 tsp black pepper, 1/2 tsp dill, 1/4 tsp turmeric, and 1/4 tsp cumin. Mix well.
3. Add your chicken breasts to the mixture and coat well. Cover and place in the fridge for at least 1 hour, preferably overnight.
4. When you're ready to cook your chicken, heat a large skillet over medium-high heat, and spray with a little non-stick cooking spray. Cook your chicken breasts for 3-4 minutes on each side, or until the chicken is cooked all the way through and has a nice sear on the outside.
5. While your chicken is cooking dice up 1/2 a cucumber and slice up 1/2 an onion. Add them to a large mixing bowl along with your crumbled feta, sliced olives, and 1 Tbsp of olive oil. Taste and add salt and pepper to preference. Divide across your meal containers.
6. When your chicken is done, dice and add to your meal containers.
7. For your sauce, in a bowl add 3/4 cup plain Greek yogurt, 1/2 Tbsp garlic powder, 1 tsp onion powder, 1/2 tsp dill, 1/2 tsp salt, and about 1/2 Tbsp of lemon juice. Mix and taste. If the Greek yogurt taste is too strong, add about 1 Tbsp of olive oil.
8. Each day after you reheat your chicken, add about 2 Tbsp of your sauce to your pita, then your reheated chicken, and top with veggies.
9. Enjoy!



# Notes

- If you want to lower the calories significantly on this meal, you can use tortillas instead of pita bread. This pita bread alone is almost half the calories of the recipe. But it is also very filling. This also makes an AMAZING salad!
- For your sauce, you can sub the garlic powder for fresh garlic. And as mentioned above, adding 1 Tbsp of olive oil to the sauce will cut the tartness of the Greek yogurt. Just be sure to account for those extra calories.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.