

# Sheet Pan Ranch Chicken & Broccoli

*Recipe makes 6 meals*

## Ingredients

- **2 lbs Fresh Broccoli, chopped**
- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **4 Garlic Cloves, chopped**
- **1 large Red Onion, chopped**
- **1/4 cup Vegetable Oil**
- **1/4 cup Water**
- **2 packs Ranch Seasoning, 1 oz ea**
- **1 tsp Garlic Powder**
- **1 tsp Paprika**
- **Salt and Pepper to taste**



## Nutrition Profile

*- per meal -*

**Calories - 293**

**Fat - 11g**

**Carbohydrates - 21g**

**Protein - 29g**

**\*Fiber - 5g**

**Estimated Cost  
Per Meal**

**\$2.25**

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# Instructions

- 1. In a bowl, add your two packs of ranch seasoning, 1 tsp garlic powder, 1 tsp paprika, 1/4 cup vegetable oil, 1/4 cup of water, mix well and set aside.**
- 2. Next, chop your broccoli and onion and place them in a large mixing bowl. Add in half of your ranch seasoning mixture. Toss to coat your veggies and set aside.**
- 3. Place your chopped chicken in a separate mixing bowl, along with your chopped garlic and your remaining ranch mixture. Toss to coat and set aside.**
- 4. Grab two sheet pans and spread your veggies evenly across the two, then top your veggies with your chicken and spread everything out so it cooks evenly.**
- 5. Place the two sheet pans in the oven on 400°F for 25-30 minutes, or until your chicken is cooked through.**
- 6. Once you're happy with the cook on your chicken and veggies, remove from the oven, taste, and add salt and pepper to preference.**
- 7. Portion out into your meal containers and enjoy!**

## Notes

- **This is one of the lowest calorie meals that I have posted to date, and it is a much smaller portion than the other recipes. With that being said, you can eat this on a bed of rice, potatoes, or even in a pita or wrap. You can also increase the portions by adding more chicken or extra veggies.**
- **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.**



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