

# PROTEIN PACK



## CHICKEN BREAST

**1-5 chicken breasts, olive oil, lemon, salt and pepper**

1. Preheat oven to 400 °F.
2. Rub a roasting pan with a small amount of olive oil. Separately, oil a piece of parchment paper large enough to cover the pan, then set aside.
3. Pat chicken dry and rub with a little olive oil. Sprinkle with salt, pepper, and any other seasonings (onion powder, garlic powder, etc.).
4. Transfer chicken breasts to the baking dish. Add a few lemon wedges for flavor.
5. Cover chicken with parchment paper (oil side down). Tuck the edges into the pan, so it sits over the chicken like a blanket.
6. Bake for 30 -- 40 minutes, making sure you reach a final internal temperature of 165°F.



## SHRIMP

**1lb shrimp, cleaned, peeled, deveined and thawed (if frozen), 1 T olive oil, lime**

1. Begin with fully thawed shrimp.
2. Warm oil in a saucepan over medium-high heat.
3. Add shrimp to the hot pan. Sprinkle salt and pepper. Add the juice of half a lime (freshly squeezed). Add any other desired seasonings (curry, chili, etc.).
4. Saute shrimp until they become pink and opaque, stirring frequently for 4 - 5 minutes.
5. Serve chilled or hot!

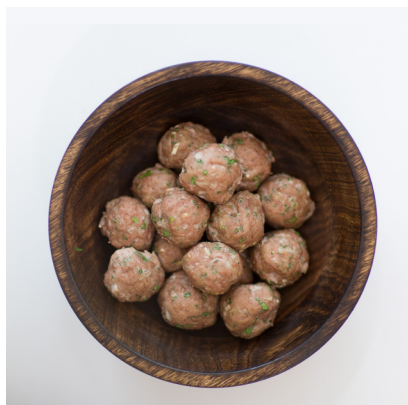


## SALMON

1. Preheat the oven to 425 °F. Line a roasting pan or baking sheet with foil.
2. Pat the salmon dry with a paper towel.
3. Drizzle each fillet with a little olive oil and rub it over the salmon with your fingers to coat evenly. Sprinkle with salt and pepper. Lightly squeeze a lemon over the fillets and transfer to the oven.
4. Roast for 4 - 6 minutes.

## TURKEY MEATBALLS

**1 lb ground turkey  
2 minced shallots  
2 minced garlic cloves  
2 T finely chopped parsley  
1 t salt  
1 t pepper**



1. Preheat the oven to 350°F and prepare a baking pan with aluminum foil.
2. In a large mixing bowl, combine all ingredients. Shape into palm size meatballs and place 2 inches apart on the baking sheet.
3. Bake for 20 - 25 minutes or until the center is no longer pink.



## HARD-BOILED EGG

1. Place eggs in a large pot and cover with water.
2. Bring water to a boil over medium heat.
3. Once the water reaches a boil, remove from heat and cover.
4. Let sit for 10 minutes then remove eggs with a slotted spoon.
5. Refrigerate. Peel before use.

