Meal Plan - 1000 calorie macro meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1033 cals 94g protein (36%) 30g fat (27%) 85g carbs (33%) 11g fiber (4%)

Breakfast

220 cals, 16g protein, 7g net carbs, 13g fat

Scrambled eggs with kale, tomatoes, rosemary
219 cals

Lunch

430 cals, 40g protein, 29g net carbs, 15g fat

Lentils
174 cals

Chicken sausage
2 link- 254 cals

Dinner

385 cals, 38g protein, 49g net carbs, 3g fat

Flavored rice mix
143 cals

Lemon garlic cod
6 oz- 150 cals

Corn
92 cals

Day 2

1017 cals 90g protein (35%) 43g fat (38%) 57g carbs (22%) 11g fiber (4%)

Breakfast

220 cals, 16g protein, 7g net carbs, 13g fat

Scrambled eggs with kale, tomatoes, rosemary
219 cals

Lunch

430 cals, 39g protein, 29g net carbs, 14g fat

Basic chicken breast
4 oz- 159 cals

Lentils
174 cals

Buttered green beans
98 cals

Dinner

370 cals, 36g protein, 21g net carbs, 15g fat

Simple mozzarella and tomato salad
121 cals

Brown rice
1/4 cup brown rice, cooked- 57 cals

Teriyaki chicken
4 oz- 190 cals

Day 3

1017 cals 90g protein (35%) 43g fat (38%) 57g carbs (22%) 11g fiber (4%)

Breakfast

220 cals, 16g protein, 7g net carbs, 13g fat

Scrambled eggs with kale, tomatoes, rosemary
219 cals

Lunch

430 cals, 39g protein, 29g net carbs, 14g fat

Basic chicken breast
4 oz- 159 cals

Lentils
174 cals

Buttered green beans
98 cals

Dinner

370 cals, 36g protein, 21g net carbs, 15g fat

Simple mozzarella and tomato salad
121 cals

Brown rice
1/4 cup brown rice, cooked- 57 cals

Teriyaki chicken
4 oz- 190 cals

Day 4

1011 cals 111g protein (44%) 44g fat (39%) 32g carbs (13%) 10g fiber (4%)

Breakfast

245 cals, 17g protein, 17g net carbs, 11g fat

Sunflower seeds
90 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Lunch

380 cals, 50g protein, 5g net carbs, 17g fat

Basic chicken & spinach salad
380 cals

Dinner

385 cals, 44g protein, 10g net carbs, 16g fat

Baked chicken with tomatoes & olives
6 oz- 300 cals

Edamame & beet salad
86 cals

Day 5

984 cals 90g protein (37%) 38g fat (35%) 52g carbs (21%) 19g fiber (8%)

Breakfast

245 cals, 17g protein, 17g net carbs, 11g fat

Sunflower seeds
90 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Lunch

355 cals, 29g protein, 24g net carbs, 11g fat

Brown rice
1/4 cup brown rice, cooked- 57 cals

Raspberries
1 cup(s)- 72 cals

Chicken beet & carrot salad bowl
225 cals

Dinner

385 cals, 44g protein, 10g net carbs, 16g fat

Baked chicken with tomatoes & olives
6 oz- 300 cals

Edamame & beet salad
86 cals

Day 6

979 cals 106g protein (43%) 42g fat (38%) 34g carbs (14%) 11g fiber (5%)

Breakfast

220 cals, 14g protein, 5g net carbs, 14g fat

Creamy scrambled eggs
182 cals

Raspberries
1/2 cup(s)- 36 cals

Lunch

360 cals, 35g protein, 24g net carbs, 12g fat

Lentils
116 cals

Marinaded chicken breast
4 oz- 141 cals

Simple mixed greens salad
102 cals

Dinner

405 cals, 57g protein, 5g net carbs, 16g fat

Caprese salad
107 cals

Lemon pepper chicken breast
8 oz- 296 cals

Day 7

979 cals 106g protein (43%) 42g fat (38%) 34g carbs (14%) 11g fiber (5%)

Breakfast

220 cals, 14g protein, 5g net carbs, 14g fat

Creamy scrambled eggs
182 cals

Raspberries
1/2 cup(s)- 36 cals

Lunch

360 cals, 35g protein, 24g net carbs, 12g fat

Lentils
116 cals

Marinaded chicken breast
4 oz- 141 cals

Simple mixed greens salad
102 cals

Dinner

405 cals, 57g protein, 5g net carbs, 16g fat

Caprese salad
107 cals

Lemon pepper chicken breast
8 oz- 296 cals

Grocery List

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Spices and Herbs

- [ ] salt
  1/4 oz (8g)
- [ ] balsamic vinegar
  1 tbsp (15mL)
- [ ] rosemary
  1/4 tbsp (1g)
- [ ] fresh basil
  1/2 oz (15g)
- [ ] black pepper
  1 1/2 g (2g)
- [ ] chili powder
  2 tsp (5g)
- [ ] thyme, dried
  1 dash, leaves (0g)
- [ ] lemon pepper
  1 tbsp (7g)

Beverages

- [ ] water
  1/3 gallon (1306mL)

Legumes and Legume Products

- [ ] lentils, raw
  1 cup (208g)

Sausages and Luncheon Meats

- [ ] chicken sausage, cooked
  2 link (168g)

Meals, Entrees, and Side Dishes

- [ ] flavored rice mix
  1/4 pouch (~5.6 oz) (40g)

Other

- [ ] italian seasoning
  1 1/2 dash (1g)
- [ ] teriyaki sauce
  4 tbsp (60mL)
- [ ] mixed greens
  1 1/2 package (5.5 oz) (243g)

Vegetables and Vegetable Products

- [ ] garlic
  1 1/2 clove(s) (5g)

Fruits and Fruit Juices

- [ ] lemon
  3/8 large (32g)
- [ ] green olives
  12 large (53g)
- [ ] raspberries
  2 cup (246g)

Finfish and Shellfish Products

- [ ] cod, raw
  6 oz (170g)

Dairy and Egg Products

- [ ] eggs
  12 medium (536g)
- [ ] fresh mozzarella cheese
  1/4 lbs (99g)
- [ ] butter
  2 tbsp (27g)
- [ ] lowfat flavored greek yogurt
  2 (5.3 oz) container(s) (300g)
- [ ] whole milk
  2 tbsp (31mL)

Fats and Oils

- [ ] oil
  1 oz (36mL)
- [ ] balsamic vinaigrette
  1 1/2 oz (45mL)
- [ ] olive oil
  1/2 oz (18mL)
- [ ] salad dressing
  6 1/2 tbsp (96mL)
- [ ] marinade sauce
  4 tbsp (60mL)

Cereal Grains and Pasta

- [ ] brown rice
  4 tbsp (48g)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  4 lbs (1785g)

Nut and Seed Products

- [ ] frozen corn kernels
  2/3 cup (91g)
- [ ] tomatoes
  5 1/2 medium whole (2-3/5" dia) (685g)
- [ ] kale leaves
  3 cup, chopped (120g)
- [ ] frozen green beans
  1 1/3 cup (161g)
- [ ] beets, precooked (canned or refrigerated)
  1/3 lbs (157g)
- [ ] edamame, frozen, shelled
  1/2 cup (59g)
- [ ] fresh spinach
  2 1/2 cup(s) (75g)
- [ ] carrots
  1/4 medium (15g)
- [ ] sunflower kernels
  1 oz (28g)

Soups, Sauces, and Gravies

- [ ] apple cider vinegar
  1/4 tsp (0mL)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Scrambled eggs with kale, tomatoes, rosemary

219 cals 16g protein 13g fat 7g carbs 2g fiber

For single meal:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

For all 3 meals:

water
1/2 cup (135mL)
balsamic vinegar
1 tbsp (15mL)
rosemary
1/4 tbsp (1g)
tomatoes
1 1/2 cup, chopped (270g)
eggs
6 extra large (336g)
kale leaves
3 cup, chopped (120g)
oil
1/2 tbsp (8mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 2

Eat on day 4, day 5

Sunflower seeds

90 cals 4g protein 7g fat 1g carbs 1g fiber

For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. This recipe has no instructions.

Lowfat Greek yogurt

1 container(s) - 155 cals 12g protein 4g fat 16g carbs 2g fiber

For single meal:

lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 6, day 7

Creamy scrambled eggs

182 cals 13g protein 14g fat 2g carbs 0g fiber

For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1 tbsp (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Raspberries

1/2 cup(s) - 36 cals 1g protein 0g fat 3g carbs 4g fiber

For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Lunch 1

Eat on day 1

Lentils

174 cals 12g protein 1g fat 25g carbs 5g fiber

salt
1/2 dash (0g)
water
1 cup(s) (239mL)
lentils, raw, rinsed
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Chicken sausage

2 link - 254 cals 28g protein 14g fat 4g carbs 0g fiber

Makes 2 link

chicken sausage, cooked
2 link (168g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

Lunch 2

Eat on day 2, day 3

Basic chicken breast

4 oz - 159 cals 25g protein 6g fat 0g carbs 0g fiber

For single meal:

oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw
4 oz (112g)

For all 2 meals:

oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. STOVETOP: Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. BAKED: Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. BROILED/GRILLED: Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. ALL: Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Lentils

174 cals 12g protein 1g fat 25g carbs 5g fiber

For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (239mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (479mL)
lentils, raw, rinsed
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Buttered green beans

98 cals 2g protein 8g fat 4g carbs 2g fiber

For single meal:

frozen green beans
2/3 cup (81g)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
butter
2 tsp (9g)

For all 2 meals:

frozen green beans
1 1/3 cup (161g)
salt
1 dash (0g)
black pepper
1 dash (0g)
butter
4 tsp (18g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 3

Eat on day 4

Basic chicken & spinach salad

380 cals 50g protein 17g fat 5g carbs 2g fiber

salad dressing
2 tbsp (28mL)
oil
1 1/4 tsp (6mL)
boneless skinless chicken breast, raw, chopped, cooked
1/2 lbs (213g)
fresh spinach
2 1/2 cup(s) (75g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 4

Eat on day 5

Brown rice

1/4 cup brown rice, cooked - 57 cals 1g protein 0g fat 12g carbs 1g fiber

Makes 1/4 cup brown rice, cooked

brown rice
4 tsp (16g)
salt
1/2 dash (0g)
water
1/6 cup(s) (40mL)
black pepper
1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Raspberries

1 cup(s) - 72 cals 2g protein 1g fat 7g carbs 8g fiber

Makes 1 cup(s)

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Chicken beet & carrot salad bowl

225 cals 26g protein 10g fat 6g carbs 2g fiber

boneless skinless chicken breast, raw, cubed
4 oz (112g)
apple cider vinegar
1/4 tsp (0mL)
thyme, dried
1 dash, leaves (0g)
oil
1/2 tbsp (8mL)
carrots, thinly sliced
1/4 medium (15g)
beets, precooked (canned or refrigerated), cubed
2 oz (57g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Lunch 5

Eat on day 6, day 7

Lentils

116 cals 8g protein 0g fat 17g carbs 3g fiber

For single meal:

salt
1/3 dash (0g)
water
2/3 cup(s) (160mL)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

salt
2/3 dash (1g)
water
1 1/3 cup(s) (319mL)
lentils, raw, rinsed
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Marinaded chicken breast

4 oz - 141 cals 25g protein 4g fat 1g carbs 0g fiber

For single meal:

boneless skinless chicken breast, raw
4 oz (112g)
marinade sauce
2 tbsp (30mL)

For all 2 meals:

boneless skinless chicken breast, raw
1/2 lbs (224g)
marinade sauce
4 tbsp (60mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Simple mixed greens salad

102 cals 2g protein 7g fat 6g carbs 2g fiber

For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 1

Eat on day 1

Flavored rice mix

143 cals 4g protein 1g fat 29g carbs 1g fiber

flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Lemon garlic cod

6 oz - 150 cals 31g protein 1g fat 3g carbs 1g fiber

Makes 6 oz

italian seasoning
1 1/2 dash (1g)
garlic, peeled
1 1/2 clove(s) (5g)
lemon, sliced
3/8 large (32g)
cod, raw
6 oz (170g)

1. Preheat the oven to 400°F (200°C).
2. Layer garlic and lemon slices on top of a baking sheet. Place cod on top and season with italian seasoning and a dash of salt and pepper.
3. Bake for 10-13 minutes or until cod is fully cooked and flakes with a fork.
4. Squeeze roasted lemon on top and serve.

Corn

92 cals 3g protein 1g fat 17g carbs 2g fiber

frozen corn kernels
2/3 cup (91g)

1. Prepare according to instructions on package.

Dinner 2

Eat on day 2, day 3

Simple mozzarella and tomato salad

121 cals 7g protein 8g fat 3g carbs 1g fiber

For single meal:

tomatoes, sliced
3/8 large whole (3" dia) (68g)
fresh mozzarella cheese, sliced
1 oz (28g)
balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)

For all 2 meals:

tomatoes, sliced
3/4 large whole (3" dia) (137g)
fresh mozzarella cheese, sliced
2 oz (57g)
balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Brown rice

1/4 cup brown rice, cooked - 57 cals 1g protein 0g fat 12g carbs 1g fiber

For single meal:

brown rice
4 tsp (16g)
salt
1/2 dash (0g)
water
1/6 cup(s) (40mL)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (80mL)
black pepper
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Teriyaki chicken

4 oz - 190 cals 27g protein 6g fat 6g carbs 0g fiber

For single meal:

oil
1/4 tbsp (4mL)
teriyaki sauce
2 tbsp (30mL)
boneless skinless chicken breast, raw, cubed
4 oz (112g)

For all 2 meals:

oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Dinner 3

Eat on day 4, day 5

Baked chicken with tomatoes & olives

6 oz - 300 cals 40g protein 12g fat 4g carbs 3g fiber

For single meal:

tomatoes
6 cherry tomatoes (102g)
olive oil
1 tsp (5mL)
salt
2 dash (2g)
green olives
6 large (26g)
black pepper
2 dash (0g)
chili powder
1 tsp (3g)
boneless skinless chicken breast, raw
6 oz (170g)
fresh basil, shredded
6 leaves (3g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
green olives
12 large (53g)
black pepper
4 dash (0g)
chili powder
2 tsp (5g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
fresh basil, shredded
12 leaves (6g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Edamame & beet salad

86 cals 5g protein 4g fat 6g carbs 3g fiber

For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
beets, precooked (canned or refrigerated), chopped
1 beets (2" dia, sphere) (50g)
edamame, frozen, shelled
4 tbsp (30g)
mixed greens
1/2 cup (15g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Dinner 4

Eat on day 6, day 7

Caprese salad

107 cals 6g protein 7g fat 4g carbs 1g fiber

For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
2 tbsp leaves, whole (3g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
mixed greens
1/4 package (5.5 oz) (39g)
fresh mozzarella cheese
3/4 oz (21g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
4 tbsp leaves, whole (6g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
mixed greens
1/2 package (5.5 oz) (78g)
fresh mozzarella cheese
1 1/2 oz (43g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lemon pepper chicken breast

8 oz - 296 cals 51g protein 9g fat 1g carbs 1g fiber

For single meal:

lemon pepper
1/2 tbsp (3g)
olive oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

lemon pepper
1 tbsp (7g)
olive oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1 lbs (448g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.