

Meal Plan - 1000 calorie meal plan to lose fat/weight

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

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

Day 1

1065 cals ● 106g protein (40%) ● 42g fat (35%) ● 52g carbs (20%) ● 14g fiber (5%)

Breakfast

245 cals, 20g protein, 4g net carbs, 15g fat



[Raspberries](#)

1/2 cup(s)- 36 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

Dinner

495 cals, 56g protein, 44g net carbs, 9g fat



[Pork-broccoli-rice bowl](#)

363 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals

Lunch

325 cals, 30g protein, 4g net carbs, 18g fat



[Avocado tuna salad](#)

327 cals

Day 2

1010 cals ● 101g protein (40%) ● 51g fat (46%) ● 20g carbs (8%) ● 17g fiber (7%)

Breakfast

245 cals, 20g protein, 4g net carbs, 15g fat



[Raspberries](#)

1/2 cup(s)- 36 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

Dinner

355 cals, 41g protein, 3g net carbs, 19g fat



[Buttered broccoli](#)

1 cup(s)- 134 cals



[Lemon pepper chicken breast](#)

6 oz- 222 cals

Lunch

410 cals, 40g protein, 13g net carbs, 18g fat



[Chipotle honey pork chops](#)

309 cals



[Broccoli](#)

3 1/2 cup(s)- 102 cals

Day 3

1010 cals ● 101g protein (40%) ● 51g fat (46%) ● 20g carbs (8%) ● 17g fiber (7%)

Breakfast

245 cals, 20g protein, 4g net carbs, 15g fat



Raspberries
1/2 cup(s)- 36 cals



Boiled eggs
3 egg(s)- 208 cals

Dinner

355 cals, 41g protein, 3g net carbs, 19g fat



Buttered broccoli
1 cup(s)- 134 cals



Lemon pepper chicken breast
6 oz- 222 cals

Lunch

410 cals, 40g protein, 13g net carbs, 18g fat



Chipotle honey pork chops
309 cals



Broccoli
3 1/2 cup(s)- 102 cals

Day 4

1006 cals ● 102g protein (41%) ● 54g fat (48%) ● 13g carbs (5%) ● 16g fiber (6%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



Avocado
176 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

360 cals, 55g protein, 4g net carbs, 12g fat



Balsamic chicken breast
8 oz- 316 cals



Broccoli
1 1/2 cup(s)- 44 cals

Lunch

450 cals, 44g protein, 5g net carbs, 27g fat



Ranch pork chops
1 chop(s)- 345 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals

Day 5

1006 cals ● 102g protein (41%) ● 54g fat (48%) ● 13g carbs (5%) ● 16g fiber (6%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



Avocado
176 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

360 cals, 55g protein, 4g net carbs, 12g fat



Balsamic chicken breast
8 oz- 316 cals



Broccoli
1 1/2 cup(s)- 44 cals

Lunch

450 cals, 44g protein, 5g net carbs, 27g fat



Ranch pork chops
1 chop(s)- 345 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals

Day 6

989 cals ● 91g protein (37%) ● 40g fat (36%) ● 47g carbs (19%) ● 20g fiber (8%)

Breakfast

215 cals, 14g protein, 6g net carbs, 13g fat



Kale & eggs
95 cals



Raspberries
1/2 cup(s)- 36 cals



String cheese
1 stick(s)- 83 cals

Dinner

420 cals, 48g protein, 16g net carbs, 14g fat



Garlic collard greens
159 cals



Jerk-y chicken
6 oz- 260 cals

Lunch

355 cals, 29g protein, 25g net carbs, 13g fat



Tomato and avocado salad
117 cals



Southwest deli chicken sandwich
1 sandwich(es)- 239 cals

Day 7

989 cals ● 91g protein (37%) ● 40g fat (36%) ● 47g carbs (19%) ● 20g fiber (8%)

Breakfast

215 cals, 14g protein, 6g net carbs, 13g fat



Kale & eggs

95 cals



Raspberries

1/2 cup(s)- 36 cals



String cheese

1 stick(s)- 83 cals

Dinner

420 cals, 48g protein, 16g net carbs, 14g fat



Garlic collard greens

159 cals



Jerk-y chicken

6 oz- 260 cals

Lunch

355 cals, 29g protein, 25g net carbs, 13g fat



Tomato and avocado salad

117 cals



Southwest deli chicken sandwich

1 sandwich(es)- 239 cals



Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (377g)
- ☐ lime juice
5/8 fl oz (19mL)
- ☐ raspberries
2 1/2 cup (308g)
- ☐ lemon juice
1 tsp (5mL)

Spices and Herbs

- ☐ salt
5 1/2 g (5g)
- ☐ black pepper
1 g (1g)
- ☐ lemon pepper
3/4 tbsp (5g)
- ☐ chipotle seasoning
4 dash (1g)
- ☐ garlic powder
2 dash (1g)
- ☐ cajun seasoning
4 dash (1g)
- ☐ thyme, dried
2 dash, leaves (0g)
- ☐ red wine vinegar
2 tbsp (30mL)
- ☐ allspice
2 dash (0g)

Other

- ☐ mixed greens
1 3/4 cup (53g)
- ☐ cottage cheese & fruit cup
1 container (170g)
- ☐ italian seasoning
4 dash (2g)
- ☐ ranch dressing mix
1/4 packet (1 oz) (7g)
- ☐ roasted red peppers
2 pepper(s) (140g)

Vegetables and Vegetable Products

- ☐ onion
3/8 medium (2-1/2" dia) (43g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (299g)

Finfish and Shellfish Products

- ☐ canned tuna
3/4 can (129g)

Meals, Entrees, and Side Dishes

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

Fats and Oils

- ☐ olive oil
1 oz (29mL)
- ☐ oil
1 3/4 oz (54mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)

Pork Products

- ☐ pork tenderloin, raw
6 oz (170g)
- ☐ pork loin chops, boneless, raw
1 1/2 lbs (653g)

Dairy and Egg Products

- ☐ eggs
11 large (550g)
- ☐ butter
2 tbsp (28g)
- ☐ ghee
2 tsp (9g)
- ☐ string cheese
2 stick (56g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1130g)

Beverages

- ☐ water
1 tbsp (15mL)

Sweets

- ☐ honey
2 tsp (14g)

- ☐ frozen broccoli
3 lbs (1436g)
- ☐ kale leaves
1/2 cup, chopped (20g)
- ☐ collard greens
1 lbs (454g)
- ☐ garlic
4 1/2 clove(s) (14g)
- ☐ habanero peppers
1/2 pepper (7g)

- ☐ brown sugar
1 1/2 tbsp (18g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 tsp (5mL)

Sausages and Luncheon Meats

- ☐ chicken cold cuts
1/2 lbs (227g)

Baked Products

- ☐ bread
2 slice(s) (64g)

Legumes and Legume Products

- ☐ soy sauce
2 tbsp (30mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 3 meals:

eggs
9 large (450g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

salt
1/2 dash (0g)
eggs
1 large (50g)
kale leaves
4 tbsp, chopped (10g)
oil
1/2 tsp (3mL)

For all 2 meals:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

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.

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



avocados

3/8 avocado(s) (75g)

lime juice

1/4 tbsp (4mL)

salt

3/4 dash (0g)

black pepper

3/4 dash (0g)

mixed greens

3/4 cup (23g)

onion, minced

1/6 small (13g)

canned tuna

3/4 can (129g)

tomatoes

3 tbsp, chopped (34g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Chipotle honey pork chops

309 cals ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



For single meal:

ghee

1 tsp (5g)

water

1/2 tbsp (8mL)

oil

1 tsp (5mL)

chipotle seasoning

2 dash (1g)

honey

1 tsp (7g)

pork loin chops, boneless, raw

5 oz (142g)

For all 2 meals:

ghee

2 tsp (9g)

water

1 tbsp (15mL)

oil

2 tsp (10mL)

chipotle seasoning

4 dash (1g)

honey

2 tsp (14g)

pork loin chops, boneless, raw

10 oz (283g)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
3 1/2 cup (319g)

For all 2 meals:

frozen broccoli
7 cup (637g)

1. Prepare according to instructions on package.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Ranch pork chops

1 chop(s) - 345 cals ● 40g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:

ranch dressing mix
1/8 packet (1 oz) (4g)
oil
1/2 tbsp (8mL)
pork loin chops, boneless, raw
1 chop (185g)

For all 2 meals:

ranch dressing mix
1/4 packet (1 oz) (7g)
oil
1 tbsp (15mL)
pork loin chops, boneless, raw
2 chop (370g)

1. Preheat oven to 400 F (200 C).
2. Spread oil evenly over all pork chops.
3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
5. Serve!

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

1. Prepare broccoli according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper to taste.
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Lunch 4 [🔗](#)

Eat on day 6, day 7

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Southwest deli chicken sandwich

1 sandwich(es) - 239 cals ● 28g protein ● 3g fat ● 22g carbs ● 2g fiber



For single meal:

cajun seasoning
2 dash (1g)
hot sauce
1/2 tsp (3mL)
roasted red peppers, sliced into strips
1 pepper(s) (70g)
nonfat greek yogurt, plain
2 tbsp (35g)
mixed greens
1/2 cup (15g)
chicken cold cuts
4 oz (113g)
bread
1 slice(s) (32g)

For all 2 meals:

cajun seasoning
4 dash (1g)
hot sauce
1 tsp (5mL)
roasted red peppers, sliced into strips
2 pepper(s) (140g)
nonfat greek yogurt, plain
4 tbsp (70g)
mixed greens
1 cup (30g)
chicken cold cuts
1/2 lbs (227g)
bread
2 slice(s) (64g)

1. In a small bowl, mix together the greek yogurt, cajun seasoning, and hot sauce. Spread mixture on one side of the top slice of bread.
2. Assemble sandwich by layering chicken, greens, and roasted red pepper on bottom slice of bread and topping it with the top slice. Serve.

Dinner 1 [↗](#)

Eat on day 1

Pork-broccoli-rice bowl

363 cals ● 42g protein ● 7g fat ● 31g carbs ● 3g fiber



flavored rice mix

1/4 pouch (~5.6 oz) (40g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1/2 tsp (3mL)

frozen broccoli

1/4 package (71g)

pork tenderloin, raw, cut into bite-sized cubes

6 oz (170g)

1. Season the pork with salt and pepper.
2. Take the olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring occasionally. Set aside.
3. Meanwhile, prepare the rice and broccoli according to the instructions on their packaging.
4. Once all items are prepared, bring the pork, broccoli, and rice together; stir (or keep it all separate-whichever you prefer!). Serve.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup

1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
butter
2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Lemon pepper chicken breast

6 oz - 222 cals ● 38g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

lemon pepper
1 tsp (3g)
olive oil
1/2 tsp (3mL)
boneless skinless chicken breast, raw
6 oz (168g)

For all 2 meals:

lemon pepper
3/4 tbsp (5g)
olive oil
1 tsp (6mL)
boneless skinless chicken breast, raw
3/4 lbs (336g)

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.
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Dinner 3 [↗](#)

Eat on day 4, day 5

Balsamic chicken breast

8 oz - 316 cal ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

2 dash (1g)

oil

1 tsp (5mL)

balsamic vinaigrette

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

For all 2 meals:

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

balsamic vinaigrette

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (454g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

frozen broccoli

1 1/2 cup (137g)

For all 2 meals:

frozen broccoli

3 cup (273g)

1. Prepare according to instructions on package.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

garlic, minced

1 1/2 clove(s) (5g)

salt

1 dash (1g)

For all 2 meals:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
 2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
 3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
 4. Season with salt and serve.
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Jerk-y chicken

6 oz - 260 cals ● 41g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

thyme, dried

1 dash, leaves (0g)

red wine vinegar

1 tbsp (15mL)

boneless skinless chicken breast, raw

6 oz (170g)

habanero peppers, deseeded

1/4 pepper (4g)

onion

3/4 tbsp chopped (8g)

brown sugar

3/4 tbsp (9g)

olive oil

1/4 tsp (1mL)

soy sauce

1 tbsp (15mL)

garlic

3/4 clove(s) (2g)

allspice

1 dash (0g)

For all 2 meals:

thyme, dried

2 dash, leaves (0g)

red wine vinegar

2 tbsp (30mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

habanero peppers, deseeded

1/2 pepper (7g)

onion

1 1/2 tbsp chopped (15g)

brown sugar

1 1/2 tbsp (18g)

olive oil

1/2 tsp (3mL)

soy sauce

2 tbsp (30mL)

garlic

1 1/2 clove(s) (5g)

allspice

2 dash (0g)

1. Combine the onion, brown sugar, soy sauce, red wine vinegar, thyme, oil, garlic, allspice, and habanero pepper (use less of the pepper if you'd like the dish to be less spicy) in a food processor or blender. Blend until smooth. Place the chicken in a bowl, pour about half of the sauce over it, and rub the sauce evenly over the chicken. (Optional: cover and marinate in the fridge for at least an hour.)
 2. Heat a grill pan or skillet over medium-high heat. Add the chicken and cook for 5-6 minutes per side until it's no longer pink inside.
 3. In a small pan, heat the remaining sauce for a couple of minutes until it slightly thickens. Pour over the chicken when serving.
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