

Meal Plan - 2600 calorie intermittent fasting paleo meal plan



[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

2576 cals ● 299g protein (46%) ● 89g fat (31%) ● 113g carbs (18%) ● 31g fiber (5%)

Lunch

1270 cals, 142g protein, 74g net carbs, 39g fat



[Basic chicken breast](#)
21 1/3 oz- 847 cals



[Roasted tomatoes](#)
1 tomato(es)- 60 cals



[Mashed sweet potatoes](#)
366 cals

Dinner

1305 cals, 157g protein, 39g net carbs, 50g fat



[Carrot fries](#)
415 cals



[Lemon pepper chicken breast](#)
24 oz- 888 cals

Day 2

2567 cals ● 166g protein (26%) ● 126g fat (44%) ● 143g carbs (22%) ● 50g fiber (8%)

Lunch

1285 cals, 80g protein, 115g net carbs, 42g fat



[Ham club lettuce wrap](#)
3 1/2 wrap(s)- 819 cals



[Banana](#)
4 banana(s)- 466 cals

Dinner

1280 cals, 86g protein, 27g net carbs, 84g fat



[Pumpkin seeds](#)
366 cals



[Avocado, apple, chicken salad](#)
917 cals

Day 3

2565 cals ● 221g protein (34%) ● 89g fat (31%) ● 175g carbs (27%) ● 46g fiber (7%)

Lunch

1285 cals, 80g protein, 115g net carbs, 42g fat



[Ham club lettuce wrap](#)
3 1/2 wrap(s)- 819 cals



[Banana](#)
4 banana(s)- 466 cals

Dinner

1280 cals, 140g protein, 60g net carbs, 46g fat



[Roasted rosemary sweet potatoes](#)
315 cals



[Marinated chicken breast](#)
21 1/3 oz- 754 cals



[Roasted carrots](#)
4 carrots(s)- 211 cals

Day 4

2577 cals ● 216g protein (33%) ● 104g fat (36%) ● 156g carbs (24%) ● 37g fiber (6%)

Lunch

1290 cals, 124g protein, 64g net carbs, 52g fat



Roasted rosemary sweet potatoes
315 cals



Tilapia with tomato caper sauce
20 oz tilapia- 974 cals

Dinner

1285 cals, 92g protein, 92g net carbs, 52g fat



Sweet potato fries
485 cals



Mixed vegetables
1 1/2 cup(s)- 146 cals



Basic ground turkey
14 oz- 657 cals

Day 5

2568 cals ● 235g protein (37%) ● 105g fat (37%) ● 127g carbs (20%) ● 44g fiber (7%)

Lunch

1290 cals, 124g protein, 64g net carbs, 52g fat



Roasted rosemary sweet potatoes
315 cals



Tilapia with tomato caper sauce
20 oz tilapia- 974 cals

Dinner

1280 cals, 110g protein, 63g net carbs, 53g fat



Pork-broccoli-sweet potato bowl
887 cals



Tomato and avocado salad
391 cals

Day 6

2583 cals ● 256g protein (40%) ● 122g fat (43%) ● 79g carbs (12%) ● 36g fiber (6%)

Lunch

1305 cals, 145g protein, 16g net carbs, 70g fat



Basic chicken & spinach salad
989 cals



Sunflower seeds
316 cals

Dinner

1280 cals, 110g protein, 63g net carbs, 53g fat



Pork-broccoli-sweet potato bowl
887 cals



Tomato and avocado salad
391 cals

Day 7

2592 cals ● 234g protein (36%) ● 139g fat (48%) ● 74g carbs (11%) ● 28g fiber (4%)

Lunch

1305 cals, 145g protein, 16g net carbs, 70g fat



Basic chicken & spinach salad
989 cals



Sunflower seeds
316 cals

Dinner

1285 cals, 89g protein, 58g net carbs, 69g fat



Walnuts
3/4 cup(s)- 524 cals



Chicken-broccoli-sweet potato bowl
763 cals

Vegetables and Vegetable Products

- ☐ carrots
13 medium (798g)
- ☐ tomatoes
10 medium whole (2-3/5" dia) (1234g)
- ☐ sweet potatoes
11 sweetpotato, 5" long (2306g)
- ☐ raw celery
1/4 cup chopped (21g)
- ☐ romaine lettuce
7 leaf outer (196g)
- ☐ onion
2 3/4 medium (2-1/2" dia) (302g)
- ☐ frozen mixed veggies
1 1/2 cup (203g)
- ☐ garlic
4 clove(s) (12g)
- ☐ shallots
2 shallot (227g)
- ☐ frozen broccoli
2 package (568g)
- ☐ fresh spinach
13 cup(s) (390g)

Fats and Oils

- ☐ olive oil
1/3 lbs (170mL)
- ☐ oil
1/4 lbs (135mL)
- ☐ marinade sauce
2/3 cup (161mL)
- ☐ salad dressing
9 3/4 tbsp (146mL)

Spices and Herbs

- ☐ rosemary, dried
1/4 oz (7g)
- ☐ salt
1 1/2 tbsp (28g)
- ☐ lemon pepper
1 1/2 tbsp (10g)
- ☐ garlic powder
1/2 tbsp (5g)
- ☐ black pepper
4 tsp, ground (9g)
- ☐ dijon mustard
1/4 cup (53g)
- ☐ paprika
1 3/4 tsp (4g)
- ☐ capers
2 tbsp, drained (17g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 lbs (3555g)
- ☐ ground turkey, raw
14 oz (397g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
1/4 lbs (99g)
- ☐ walnuts
3/4 cup, shelled (75g)

Fruits and Fruit Juices

- ☐ avocados
4 1/4 avocado(s) (854g)
- ☐ apples
5/6 medium (3" dia) (152g)
- ☐ lime juice
2 fl oz (58mL)
- ☐ banana
8 medium (7" to 7-7/8" long) (944g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
1 3/4 lbs (794g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1/2 cup(s) (mL)

Finfish and Shellfish Products

- ☐ tilapia, raw
2 1/2 lbs (1134g)

Pork Products

- ☐ pork tenderloin, raw
2 lbs (907g)

Lunch 1 [↗](#)

Eat on day 1

Basic chicken breast

21 1/3 oz - 847 cals ● 134g protein ● 34g fat ● 0g carbs ● 0g fiber



Makes 21 1/3 oz

oil

4 tsp (20mL)

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Ham club lettuce wrap

3 1/2 wrap(s) - 819 cals ● 75g protein ● 41g fat ● 20g carbs ● 18g fiber



For single meal:

- dijon mustard**
1 3/4 tbsp (26g)
- romaine lettuce**
3 1/2 leaf outer (98g)
- ham cold cuts**
14 oz (397g)
- onion**
14 slices, thin (126g)
- avocados, sliced**
7/8 avocado(s) (176g)
- tomatoes**
7 slice(s), thin/small (105g)

For all 2 meals:

- dijon mustard**
1/4 cup (53g)
- romaine lettuce**
7 leaf outer (196g)
- ham cold cuts**
1 3/4 lbs (794g)
- onion**
28 slices, thin (252g)
- avocados, sliced**
1 3/4 avocado(s) (352g)
- tomatoes**
14 slice(s), thin/small (210g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

Banana

4 banana(s) - 466 cals ● 5g protein ● 2g fat ● 96g carbs ● 12g fiber



For single meal:

- banana**
4 medium (7" to 7-7/8" long) (472g)

For all 2 meals:

- banana**
8 medium (7" to 7-7/8" long) (944g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

sweet potatoes, cut into 1" cubes

1 sweetpotato, 5" long (210g)

rosemary, dried

1/2 tbsp (2g)

olive oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes

2 sweetpotato, 5" long (420g)

rosemary, dried

1 tbsp (3g)

olive oil

2 tbsp (30mL)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Tilapia with tomato caper sauce

20 oz tilapia - 974 cals ● 121g protein ● 38g fat ● 28g carbs ● 8g fiber



For single meal:

oil

2 tbsp (30mL)

vegetable broth

1/4 cup(s) (mL)

garlic, minced

2 clove(s) (6g)

shallots, finely chopped

1 shallot (113g)

capers

1 tbsp, drained (9g)

tomatoes, chopped

2 large whole (3" dia) (364g)

tilapia, raw

1 1/4 lbs (567g)

For all 2 meals:

oil

4 tbsp (60mL)

vegetable broth

1/2 cup(s) (mL)

garlic, minced

4 clove(s) (12g)

shallots, finely chopped

2 shallot (227g)

capers

2 tbsp, drained (17g)

tomatoes, chopped

4 large whole (3" dia) (728g)

tilapia, raw

2 1/2 lbs (1134g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sautee for about 5 minutes. Stir in tomatoes and cook for another 3-5 minutes. Add in broth and simmer for about 5 minutes until it has reduced. Add capers, cook for 1 more minute and turn off heat.
2. Fish: Line a baking sheet with foil and preheat your oven's broiler. Prep the fish by rubbing all sides with the remaining oil, and a pinch of salt/pepper. Place the fish on the baking sheet and bake in the broiler on the lowest rack for 6-8 minutes. Check fish every few minutes to make sure it doesn't overcook or get scorched. Tilapia will be done when flesh is opaque and flakes with a fork.
3. When both elements are done, pour the tomato caper sauce on top of the tilapia and serve.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Basic chicken & spinach salad

989 cals ● 130g protein ● 45g fat ● 12g carbs ● 4g fiber



For single meal:

- salad dressing
5 tbsp (73mL)
- oil
1 tbsp (16mL)
- boneless skinless chicken breast, raw, chopped, cooked
1 1/4 lbs (553g)
- fresh spinach
6 1/2 cup(s) (195g)

For all 2 meals:

- salad dressing
9 3/4 tbsp (146mL)
- oil
2 tbsp (33mL)
- boneless skinless chicken breast, raw, chopped, cooked
2 1/2 lbs (1106g)
- fresh spinach
13 cup(s) (390g)

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.

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

- sunflower kernels
1 3/4 oz (50g)

For all 2 meals:

- sunflower kernels
1/4 lbs (99g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Carrot fries

415 cals ● 5g protein ● 22g fat ● 35g carbs ● 15g fiber



carrots, peeled

18 oz (510g)

olive oil

1 1/2 tbsp (23mL)

rosemary, dried

1/2 tbsp (2g)

salt

3 dash (2g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Lemon pepper chicken breast

24 oz - 888 cals ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



Makes 24 oz

lemon pepper

1 1/2 tbsp (10g)

olive oil

3/4 tbsp (11mL)

**boneless skinless chicken breast,
raw**

1 1/2 lbs (672g)

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 2 [↗](#)

Eat on day 2

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Avocado, apple, chicken salad

917 cals ● 68g protein ● 55g fat ● 22g carbs ● 16g fiber



avocados, chopped
5/6 avocado(s) (168g)
apples, finely chopped
5/6 medium (3" dia) (152g)
raw celery
1/4 cup chopped (21g)
olive oil
5 tsp (25mL)
garlic powder
1/2 tsp (1g)
salt
1/4 tsp (1g)
black pepper
1/4 tsp, ground (0g)
lime juice
1/2 tbsp (8mL)
boneless skinless chicken breast, raw, cubed
10 oz (284g)

1. Cube the chicken and season with salt and pepper.
 2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
 3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
 4. Combine all ingredients in a large bowl and toss to coat.
 5. Serve.
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Dinner 3 [↗](#)

Eat on day 3

Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



sweet potatoes, cut into 1" cubes

1 sweetpotato, 5" long (210g)

rosemary, dried

1/2 tbsp (2g)

olive oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Marinated chicken breast

21 1/3 oz - 754 cals ● 134g protein ● 22g fat ● 4g carbs ● 0g fiber



Makes 21 1/3 oz

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

marinade sauce

2/3 cup (160mL)

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 marinate 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.

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil

2 tsp (10mL)

carrots, sliced

4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Dinner 4 [↗](#)

Eat on day 4

Sweet potato fries

485 cals ● 7g protein ● 13g fat ● 73g carbs ● 13g fiber



sweet potatoes, peeled

14 2/3 oz (416g)

olive oil

1 tbsp (14mL)

garlic powder

1/2 tsp (1g)

paprika

1/2 tsp (1g)

salt

1/2 tsp (3g)

black pepper

2 dash, ground (1g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Mixed vegetables

1 1/2 cup(s) - 146 cals ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



Makes 1 1/2 cup(s)

frozen mixed veggies

1 1/2 cup (203g)

1. Prepare according to instructions on package.

Basic ground turkey

14 oz - 657 cals ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

oil
1 3/4 tsp (9mL)
ground turkey, raw
14 oz (397g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Dinner 5 [🔗](#)

Eat on day 5, day 6

Pork-broccoli-sweet potato bowl

887 cals ● 105g protein ● 22g fat ● 52g carbs ● 15g fiber



For single meal:

paprika
1/3 tsp (1g)
sweet potatoes, cut into bite-sized cubes
1 1/3 sweetpotato, 5" long (280g)
frozen broccoli
2/3 package (189g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
pork tenderloin, raw, cut into bite-sized cubes
16 oz (454g)
olive oil
1 tbsp (13mL)

For all 2 meals:

paprika
1/4 tbsp (2g)
sweet potatoes, cut into bite-sized cubes
2 2/3 sweetpotato, 5" long (560g)
frozen broccoli
1 1/3 package (379g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
pork tenderloin, raw, cut into bite-sized cubes
2 lbs (907g)
olive oil
1 3/4 tbsp (27mL)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining 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 frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

onion
5 tsp minced (25g)
lime juice
5 tsp (25mL)
avocados, cubed
5/6 avocado(s) (168g)
tomatoes, diced
5/6 medium whole (2-3/5" dia)
(103g)
olive oil
1 1/4 tsp (6mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)

For all 2 meals:

onion
1/4 cup minced (50g)
lime juice
1/4 cup (50mL)
avocados, cubed
1 2/3 avocado(s) (335g)
tomatoes, diced
1 2/3 medium whole (2-3/5" dia)
(205g)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)

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.

Dinner 6 [🔗](#)

Eat on day 7

Walnuts

3/4 cup(s) - 524 cals ● 11g protein ● 49g fat ● 5g carbs ● 5g fiber

Makes 3/4 cup(s)

walnuts
3/4 cup, shelled (75g)

1. This recipe has no instructions.



Chicken-broccoli-sweet potato bowl

763 cals ● 78g protein ● 20g fat ● 53g carbs ● 15g fiber



frozen broccoli
2/3 package (189g)
sweet potatoes, cut into bite-sized cubes
1 1/3 sweetpotato, 5" long (280g)
paprika
1/4 tbsp (2g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
2/3 lbs (299g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
olive oil
1 tbsp (13mL)

1. Preheat oven to 425 F (220 C)
 2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
 3. Take half of the mixture and coat the sweet potatoes.
 4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
 5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
 6. Prepare the broccoli according to the instructions on its packaging. Set aside.
 7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.
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