

Meal Plan - 1600 calorie intermittent fasting 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

1599 cals ● 121g protein (30%) ● 77g fat (43%) ● 86g carbs (21%) ● 20g fiber (5%)

Lunch

795 cals, 55g protein, 16g net carbs, 53g fat



[Honey mustard chicken thighs w/ skin](#)
8 oz- 558 cals



[Tomato and avocado salad](#)
235 cals

Dinner

805 cals, 66g protein, 70g net carbs, 24g fat



[Shredded bbq & ranch chicken sandwich](#)
1 1/2 sandwich(es)- 683 cals



[Sugar snap peas](#)
123 cals

Day 2

1575 cals ● 146g protein (37%) ● 84g fat (48%) ● 28g carbs (7%) ● 29g fiber (7%)

Lunch

795 cals, 55g protein, 16g net carbs, 53g fat



[Honey mustard chicken thighs w/ skin](#)
8 oz- 558 cals



[Tomato and avocado salad](#)
235 cals

Dinner

780 cals, 92g protein, 12g net carbs, 32g fat



[Marinated chicken breast](#)
12 oz- 424 cals



[Garlic collard greens](#)
358 cals

Day 3

1573 cals ● 123g protein (31%) ● 73g fat (42%) ● 69g carbs (18%) ● 36g fiber (9%)

Lunch

790 cals, 31g protein, 57g net carbs, 42g fat



[Buttery brown rice](#)
167 cals



[Tomato and avocado salad](#)
235 cals



[Fish taco](#)
1 tortilla(s)- 389 cals

Dinner

780 cals, 92g protein, 12g net carbs, 32g fat



[Marinated chicken breast](#)
12 oz- 424 cals



[Garlic collard greens](#)
358 cals

Day 4

1640 cals ● 123g protein (30%) ● 41g fat (22%) ● 173g carbs (42%) ● 23g fiber (6%)

Lunch

810 cals, 66g protein, 87g net carbs, 19g fat



Simple mixed greens salad
68 cals



Southwest chicken
8 oz- 362 cals



Flavored rice mix
382 cals

Dinner

830 cals, 57g protein, 86g net carbs, 22g fat



Chicken beet & carrot salad bowl
337 cals



Brown rice
258 cals



Easy chickpea salad
234 cals

Day 5

1559 cals ● 101g protein (26%) ● 52g fat (30%) ● 149g carbs (38%) ● 22g fiber (6%)

Lunch

810 cals, 66g protein, 87g net carbs, 19g fat



Simple mixed greens salad
68 cals



Southwest chicken
8 oz- 362 cals



Flavored rice mix
382 cals

Dinner

745 cals, 35g protein, 62g net carbs, 33g fat



Simple salad with tomatoes and carrots
98 cals



Honey dijon salmon
4 1/2 oz- 301 cals



Sweet potato wedges
347 cals

Day 6

1614 cals ● 101g protein (25%) ● 78g fat (44%) ● 107g carbs (27%) ● 19g fiber (5%)

Lunch

805 cals, 46g protein, 54g net carbs, 41g fat



Cottage cheese & fruit cup
2 container- 213 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals



Simple salad with tomatoes and carrots
98 cals

Dinner

810 cals, 55g protein, 54g net carbs, 38g fat



Sweet potato wedges
347 cals



Ranch chicken
8 oz- 461 cals

Day 7

1614 cals ● 101g protein (25%) ● 78g fat (44%) ● 107g carbs (27%) ● 19g fiber (5%)

Lunch

805 cals, 46g protein, 54g net carbs, 41g fat



Cottage cheese & fruit cup
2 container- 213 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals



Simple salad with tomatoes and carrots
98 cals

Dinner

810 cals, 55g protein, 54g net carbs, 38g fat



Sweet potato wedges
347 cals



Ranch chicken
8 oz- 461 cals

Spices and Herbs

- brown deli mustard
1 1/2 tbsp (23g)
- thyme, dried
1/8 oz (2g)
- salt
4 tsp (24g)
- garlic powder
1/4 tbsp (2g)
- black pepper
2 tsp, ground (5g)
- cajun seasoning
2 tsp (5g)
- taco seasoning mix
1 tbsp (9g)
- balsamic vinegar
1/2 tbsp (8mL)
- dijon mustard
3/4 tbsp (11g)

Sweets

- honey
4 tsp (29g)

Poultry Products

- chicken thighs, with bone and skin, raw
1 lbs (454g)
- boneless skinless chicken breast, raw
4 1/2 lbs (1991g)

Vegetables and Vegetable Products

- onion
1/2 medium (2-1/2" dia) (63g)
- tomatoes
3 1/2 medium whole (2-3/5" dia) (444g)
- romaine lettuce
1 1/4 head (759g)
- frozen sugar snap peas
2 cup (288g)
- collard greens
2 1/4 lbs (1021g)
- garlic
7 clove(s) (21g)
- cabbage
2 tbsp, shredded (9g)
- bell pepper
2 medium (238g)

Fats and Oils

- olive oil
3/4 oz (22mL)
- ranch dressing
2 1/2 serving (75mL)
- marinade sauce
3/4 cup (180mL)
- oil
4 oz (119mL)
- salad dressing
1/3 cup (79mL)

Soups, Sauces, and Gravies

- barbecue sauce
3 tbsp (51g)
- apple cider vinegar
5/8 tbsp (0mL)

Baked Products

- hamburger buns
1 1/2 bun (77g)
- flour tortillas
1 tortilla (approx 7-8" dia) (49g)
- bread
4 slice (128g)

Dairy and Egg Products

- butter
2 1/2 tbsp (36g)
- cheese
2 tbsp, shredded (14g)
- sliced cheese
4 slice (1 oz) (112g)

Cereal Grains and Pasta

- brown rice
1/2 cup (103g)

Beverages

- water
1 cup(s) (256mL)

Finfish and Shellfish Products

- cod, raw
1 4oz fillet(s) (113g)

- carrots
1 medium (69g)
- beets, precooked (canned or refrigerated)
3 oz (85g)
- fresh parsley
1 1/2 sprigs (2g)
- sweet potatoes
4 sweetpotato, 5" long (840g)

Fruits and Fruit Juices

- lime juice
3 tbsp (45mL)
- avocados
1 3/4 avocado(s) (352g)
- limes
1/4 fruit (2" dia) (17g)

- salmon
3/4 fillet/s (6 oz each) (128g)

Other

- mixed greens
3 cup (90g)
- cottage cheese & fruit cup
4 container (532g)
- ranch dressing mix
1/2 packet (1 oz) (14g)

Meals, Entrees, and Side Dishes

- flavored rice mix
1 1/3 pouch (~5.6 oz) (211g)

Legumes and Legume Products

- chickpeas, canned
1/2 can (224g)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Honey mustard chicken thighs w/ skin

8 oz - 558 cal ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



For single meal:

brown deli mustard
3/4 tbsp (11g)
honey
1/2 tbsp (11g)
thyme, dried
4 dash, ground (1g)
salt
1 dash (1g)
chicken thighs, with bone and skin, raw
1/2 lbs (227g)

For all 2 meals:

brown deli mustard
1 1/2 tbsp (23g)
honey
1 tbsp (21g)
thyme, dried
1 tsp, ground (1g)
salt
2 dash (2g)
chicken thighs, with bone and skin, raw
1 lbs (454g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

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)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 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.

Lunch 2 [↗](#)

Eat on day 3

Buttery brown rice

167 cal ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



butter

1/2 tbsp (7g)

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



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.

Fish taco

1 tortilla(s) - 389 cal ● 26g protein ● 17g fat ● 27g carbs ● 6g fiber



Makes 1 tortilla(s)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

cod, raw

1 4oz fillet(s) (113g)

avocados, mashed

1/4 avocado(s) (50g)

cabbage

2 tbsp, shredded (9g)

cajun seasoning

2 tsp (5g)

limes

1/4 fruit (2" dia) (17g)

oil

1 tsp (5mL)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

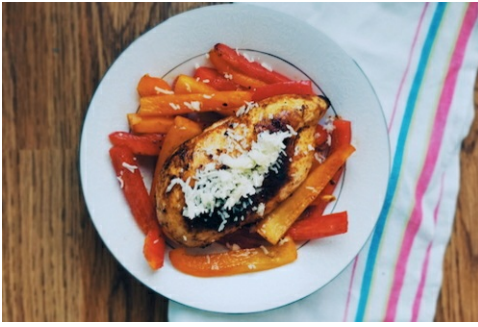
salad dressing

3 tbsp (45mL)

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

Southwest chicken

8 oz - 362 cals ● 53g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

oil
1 tsp (5mL)
cheese
1 tbsp, shredded (7g)
taco seasoning mix
1/2 tbsp (4g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
bell pepper, cut into strips
1 medium (119g)

For all 2 meals:

oil
2 tsp (10mL)
cheese
2 tbsp, shredded (14g)
taco seasoning mix
1 tbsp (9g)
boneless skinless chicken breast, raw
1 lbs (448g)
bell pepper, cut into strips
2 medium (238g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top.
6. Serve.

Flavored rice mix

382 cal ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



For single meal:

flavored rice mix
2/3 pouch (~5.6 oz) (105g)

For all 2 meals:

flavored rice mix
1 1/3 pouch (~5.6 oz) (211g)

1. Prepare according to instructions on package.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (266g)

For all 2 meals:

cottage cheese & fruit cup
4 container (532g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Grilled cheese sandwich

1 sandwich(es) - 495 cal ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz) (56g)

For all 2 meals:

bread
4 slice (128g)
butter
2 tbsp (28g)
sliced cheese
4 slice (1 oz) (112g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing
3/4 tbsp (11 mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

For all 2 meals:

salad dressing
1 1/2 tbsp (23 mL)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Dinner 1 [↗](#)

Eat on day 1

Shredded bbq & ranch chicken sandwich

1 1/2 sandwich(es) - 683 cal ● 58g protein ● 23g fat ● 58g carbs ● 2g fiber



Makes 1 1/2 sandwich(es)

barbecue sauce

3 tbsp (51g)

ranch dressing

1 tbsp (15mL)

romaine lettuce

1 1/2 leaf inner (9g)

hamburger buns

1 1/2 bun (77g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (255g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Sugar snap peas

123 cal ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



frozen sugar snap peas

2 cup (288g)

1. Prepare according to instructions on package.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Marinated chicken breast

12 oz - 424 cal ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

3/4 lbs (336g)

marinade sauce

6 tbsp (90mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

marinade sauce

3/4 cup (180mL)

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.

Garlic collard greens

358 cal ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



For single meal:

collard greens

1 lbs (510g)

oil

1 tbsp (17mL)

garlic, minced

3 1/2 clove(s) (10g)

salt

1/4 tsp (2g)

For all 2 meals:

collard greens

2 1/4 lbs (1021g)

oil

2 1/4 tbsp (34mL)

garlic, minced

6 3/4 clove(s) (20g)

salt

1/2 tsp (3g)

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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Dinner 3 [↗](#)

Eat on day 4

Chicken beet & carrot salad bowl

337 cal ● 39g protein ● 15g fat ● 8g carbs ● 2g fiber



boneless skinless chicken breast, raw, cubed

6 oz (168g)

apple cider vinegar

3/8 tsp (0mL)

thyme, dried

1 1/2 dash, leaves (0g)

oil

3/4 tbsp (11 mL)

carrots, thinly sliced

3/8 medium (23g)

beets, precooked (canned or refrigerated), cubed

3 oz (85g)

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.

Brown rice

258 cal ● 5g protein ● 2g fat ● 52g carbs ● 3g fiber



brown rice

6 tbsp (71g)

salt

1/4 tsp (2g)

water

3/4 cup(s) (178mL)

black pepper

1/4 tsp, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

Easy chickpea salad

234 cal ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

Dinner 4 [↗](#)

Eat on day 5

Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing
3/4 tbsp (11 mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Honey dijon salmon

4 1/2 oz - 301 cal ● 27g protein ● 18g fat ● 7g carbs ● 1g fiber



Makes 4 1/2 oz
salmon
3/4 fillet/s (6 oz each) (128g)
dijon mustard
3/4 tbsp (11g)
honey
1 tsp (8g)
garlic, minced
3/8 clove (1g)
olive oil
1/4 tbsp (4mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Sweet potato wedges

347 cal ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil

1 tbsp (15mL)

sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

salt

1/4 tbsp (4g)

black pepper

1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Dinner 5 [↗](#)

Eat on day 6, day 7

Sweet potato wedges

347 cal ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

oil

1 tbsp (15mL)

sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

salt

1/4 tbsp (4g)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

oil

2 tbsp (30mL)

sweet potatoes, cut into wedges

2 2/3 sweetpotato, 5" long (560g)

salt

1/2 tbsp (8g)

black pepper

1/4 tbsp, ground (2g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

ranch dressing mix
1/4 packet (1 oz) (7g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)
ranch dressing
2 tbsp (30mL)

For all 2 meals:

ranch dressing mix
1/2 packet (1 oz) (14g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)
ranch dressing
4 tbsp (60mL)

1. Preheat oven to 350 F (180 C).
 2. Spread oil evenly over all chicken.
 3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
 4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
 5. Serve with a side of ranch dressing.
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