

LUNCH OR DINNER — MAIN DISH

Chicken Parmesan

Makes 6 servings · 1 breast each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 32 g · Fiber 1 g · Calories 250	

Ingredients

- 6 boneless, skinless chicken breast halves
- Italian bread crumbs (make your own by processing whole-wheat bread with Italian herbs)
- ½ cup grated Parmesan cheese
- Italian salad dressing (use a healthy, low-fat choice; dilute with vinegar if needed)
- 1–2 tsp olive oil (for the pan)

Directions

1. Pound the chicken lightly between wax paper, just to even it out.
2. Combine the bread crumbs and Parmesan in a shallow bowl.
3. Dredge each breast in Italian dressing to coat, then in the crumb mixture.
4. Place in a 9×13-inch dish lightly coated with olive oil and bake at 400°F about 30 minutes, until cooked through.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Chicken Parmesan

Makes 6 servings · 1 breast each

Check off what you need — items are grouped by store section.

MEAT & POULTRY

- ☐ 6 boneless, skinless chicken breast halves

DAIRY & EGGS

- ☐ ½ cup Parmesan cheese

BAKERY & GRAINS

- ☐ Italian bread crumbs (make your own by processing whole-wheat bread with Italian herbs)

PANTRY & DRY GOODS

- ☐ Italian salad dressing (use a healthy, low-fat choice; dilute with vinegar if needed)

CHECK YOUR PANTRY

- ☐ Olive oil