

Trim Healthy
WISDOM

Chicken Rice Bowl (E or XO)

(Depending upon the tahini amount)

(P – This is one of my sweatpants lunches. By that, I mean it is so quick, tasty, and easy that I put it on frequent repeat. I love that I can make it as large as I want by adding lots of quick-cook vegetables. Check the notes at the end of the recipe for how to adjust the chicken and rice amounts to make this bowl work best for your unique density, insulin, and blood sugar needs. You may do best using a full $\frac{3}{4}$ cup of brown rice and less chicken (getting the rest of your protein in via another protein option.) Or you may do better using a full 4-6 ounce portion of chicken and reducing the rice to $\frac{1}{2}$ cup. As you clean and build your CLBM on your wisdom journey, you'll likely be able to do full amounts of both at some point. Just find your own groove, assess which option you respond best to in your unique stage, and give your body lots of grace and patience.)

Single Serve Recipe

INGREDIENTS:

- $\frac{1}{2}$ - $\frac{3}{4}$ cup pre-cooked black or brown rice
- Up to 4-6 ounces of pre-cooked or canned lean chicken breast
(See Notes below)
- 1 medium (or 2 small) yellow squash or zucchini (finely diced)
OR 1 – 1 $\frac{1}{2}$ cups *Cauli Rice Hack*
- [TH Mineral Salt](#) (to taste)
- cumin powder (to taste)
- black pepper (to taste)
- cayenne pepper (to taste)
- 1 Tbs [TH Nutritional Yeast](#) (optional)
- 1 tsp tahini for E or 1 Tbs for XO



INSTRUCTIONS:

1. Spray a medium-sized, healthy style non-stick pan with a small amount of coconut or olive oil cooking spray. Set to medium-high heat, then add diced squash or cauliflower rice.
2. If using squash or zucchini, cook for a few minutes until just tender, using a lid to help quick-cook the veggies and take the lid off frequently to toss them so they don't stick.
3. Once veggies are just tender, add all other ingredients except tahini. Toss well in the skillet for another couple of minutes to heat.
4. Pour contents of skillet into a bowl, drizzle tahini on top.

Protein Nerd Notes:

If you choose Protein Option 1 for this E Meal and use the garnish amount (just 2-3 ounces) of chicken, you'll need to get more protein via a powdered form. You can have a ½ serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... the *Side Protein & Fiber Chocolate Milk* should do the trick. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by including the *PYY Booster* using 1 Tbs each of [TH Optimized Plant Protein](#) and [TH Optimized Whey Protein](#).

Other Notes:

You can use quinoa here in place of rice if your blood sugar is testier with rice or if you just prefer quinoa. Using just ½ cup of either rice or quinoa instead of ¾ may be more suited for you if you still have a long way to go building back your CLBM, or you may do great with the full ¾ cup if you find it better nourishes your thyroid and adrenals. We are all unique and respond differently to different carbs and different amounts of carbs.