

## Lunch

### Chicken Parmesan

#### Ingredients:

Skinless chicken breast

(first week: 150g chicken =33g protein), 90g = 20g.

3 strips            turkey bacon, chopped (10g protein)  
                         light sprinkling of Parmesan grated cheese  
1 tsp                tomato paste  
1 cup                mixed salad mix  
                         Olive oil cooking spray  
                         Italian herbs  
                         squeeze of lemon juice  
                         Sea salt and pepper to taste

#### Method:

- Slice chicken breast in half
- Spray coat each piece with Olive oil cooking spray
- Lightly sprinkle both sides with Italian herbs, sea salt and pepper
- On low heat, grill chicken until cooked (turning often)
- When cooked, brush one side with tomato paste, then top with turkey bacon and sprinkle with grated cheese
- Place under pre-heated griller and grill until golden brown
- Spray coat salad mix with Olive oil cooking spray
- Sprinkle with Italian herbs, squeeze of lemon juice, Sea salt and pepper to taste