

## Lunch

### Chicken and Tangy Pineapple

#### Ingredients:

Chicken or turkey breast, pounded into thin bite-sized pieces  
(first week: 195g chicken = 43g protein), 135g = 30g, 90g = 20g.

¼ cup	fresh ripe pineapple or (drained unsweetened canned), cut into small cubes, and dusted lightly with ginger powder
¾ cup	mixture: broccoli florets, snow peas and onion
2-4 tbs. water	
2 tsp.	slivered almonds
	sprinkling garlic powder
	Sea salt
	cracked pepper
	Olive oil cooking spray

#### Method:

- Spray coat non-stick frypan with Olive oil cooking spray
- Heat pan, then add chicken pieces, stirring and tossing quickly until lightly browned
- Then add broccoli, snow peas, onion, water, salt, pepper, garlic and gingered pineapple
- Keep tossing quickly until chicken is cooked and vegetables are tender
- Garnish with slivered almonds

