

**Quick, cheap, easy, healthy....** What else could you ask for with your meal prep options?

22oz grilled chicken     \$8.39 (3 servings = \$2.79 each)

Flavored rice             \$1.29 (2 servings = \$.65 each)

Frozen vegetables       \$1.29 (2 servings = \$.65 each)

**\$4.08 per meal**

These are the easiest directions you'll find

Add rice to 2 cups of water

Microwave for 12 minutes

Stir once at 6 min, stir again when complete

Microwave the vegetables in their bag, apx 6 min but that will depend on the power of your microwave

Lay out the chicken on a plate and microwave as directed depending on how many servings. Will be apx 2 min

Allow to cool, then package in your Tupperware or Ziploc baggie as desired. Done!

