



Everything
Herbal

by Cheryl Jabz

www.EverythingHerbalByCherylJabz.com

GARLIC & HERB CHICKEN BOWLS

for Weight Loss

A flavorful, high-protein bowl that's satisfying, meal-prep friendly, and great for healthy weight loss goals.



MADE WITH
REAL INGREDIENTS
& HERBS



PREP TIME
15 MIN



COOK TIME
20-25 MIN



SERVINGS
2 BOWLS



WHY IT WORKS FOR WEIGHT LOSS

High protein helps keep you full. Garlic + herbs add flavor without heavy sauces. Veggies + fiber support fullness. Balanced carbs if using rice or quinoa.

INGREDIENTS: (2 BOWLS)

CHICKEN

- 2 boneless skinless chicken breasts (or thighs)
- 3 cloves garlic, minced
- 1 tbsp olive oil ~ 1 tsp Italian seasoning
- 1 tsp dried parsley ~ ½ tsp dried thyme
- Salt & pepper ~ Juice of ½ lemon



BOWL BASE Choose one: 1 cup cooked Brown rice ~
• 1 cup cooked Quinoa ~ Cauliflower rice for lower carb

VEGGIES 1 cup broccoli ~ 1 cup zucchini ~ 1 bell pepper ~ Spinach or mixed greens

HERBS with BENEFITS

- ✓ **Garlic:** Supports heart health & immunity
- ✓ **Parsley:** Rich in antioxidants & supports detox
- ✓ **Thyme:** Supports digestion & immune function
- ✓ **Sage (optional):** May support metabolism & immunity



FLAVOR VARIATIONS • **Mediterranean** Add cucumber, zucchini, & **Buffalo** Toss chicken in light buffalo sauce.
• **Ranch Herb** Greek yogurt ranch drizzle. **Garlic Lemon** Extra lemon zest & parsley.



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