

Dinner and a workout in 30 minutes or less (no gym required)!

Heart Healthy Creamy Chicken Bowl Makes 4 servings

Ingredients:

- 1 lb boneless skinless chicken breast, cut into 1-inch pieces (or 1 can garbanzo beans for a vegetarian option)
- 1 (10 3/4 ounce) can condensed cream of chicken soup
- 1 (10 3/4 ounce) soup can full water
- 1 cup of chopped broccoli
- 2 cups instant brown rice

Directions:

Step 1: Cook 1 pound of meat in a large skillet for 10 minutes or until cooked through, stirring frequently.

- 1 minute jumping jax
- Stir meat in skillet
- 1 minute push-ups (modify on counter top)
- Stir meat in skillet
- 1 minute switch jump lunges (modify with alternating lunge or knee lift)
- Stir meat in skillet
- 1 minute dips on chair (modify on counter)
- Stir skillet
- 1 minute jump squats (modify with regular squats)
- stir skillet
- 1 minute arm circles forward
- 1 minute arm circles backward

Step 2: Add the cream of chicken soup, water, and instant rice; stir and bring to a boil.

- While stirring see how long you can balance on one leg try for one minute on each side until your pot boils!

Step 3: Stir in the broccoli. Reduce heat to low; cover. Cook 5 minutes or until heated through.

- 1 minute heel drops
- 1 minute oblique bends from side to side
- 1 minute cross reach bending at your waist
- 1 minute plank
- 1 minute crunches

Drink 8oz. of water and stir before serving. Enjoy!

Nutrition Information Per Serving: 380 calories, 6g fat, 46g carbohydrates, 32g protein



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