CHICKEN AND BROCCOLI BOWL  
  
PHASE 1  
Serves 4  
4 cups vegetable or chicken broth  
½ cup chopped red onion  
½ cup chopped carrot  
½ cup chopped celery  
1 tablespoon parsley or cilantro  
1 teaspoon minced garlic  
1 cup brown rice  
1 pound skinless, boneless chicken breast, chopped into 2-inch pieces  
4 cups broccoli florets  
1 tablespoon lime juice  
½ teaspoon minced parsley“pepper. Mix well until the chicken and broccoli are coated with the flavorings. Transfer the chicken and broccoli mixture to a larger baking pan, spreading it evenly in the bottom with a spatula. Bake for 30 to 35 minutes.  
Remove the chicken from the oven and allow to cool. Divide the rice into four 1-cup servings. Divide the chicken and broccoli mixture into four equal portions and place on top of the rice. Serve and enjoy. (Don’t hesitate to double this recipe and freeze more portions.)”  
  
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