BAKED CINNAMON-MUSTARD CHICKEN AND LEMON-GARLIC SPINACH  
  
PHASE 2  
Serves 6 to 8  
2 tablespoons lemon juice  
¼ teaspoon ground cinnamon  
1 teaspoon dry mustard  
1 teaspoon Stevia or Xylitol  
2 pounds skinless, boneless chicken breast, washed and patted dry  
LEMON-GARLIC SPINACH  
1 tablespoon lemon juice  
1 teaspoon minced garlic  
3 cups baby spinach  
Sea salt and black pepper  
Preheat the oven to 350 degrees. While it warms, prepare the seasoning for the chicken.  
Combine the lemon juice, cinnamon, mustard, and sweetener in a small mixing bowl.  
Put the chicken in a baking dish. Pour the seasoning over it, cover the dish with foil, and put in the oven. Bake the chicken for 40 minutes.  
Turn up the heat to 400 degrees and remove the foil. Bake, uncovered, for an additional 15 minutes.”  
“Prepare the spinach. In a nonstick pan, use 1 tablespoon of water and the lemon juice to cook the garlic and spinach. Season with salt and pepper.”  
  
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