



ALTERED ATHLETICS

GRILLED CHICKEN STIR-FRY WITH RICE NOODLES

Calories: 420

Protein: 40g | **Carbs:** 36g | **Fat:** 10g

Ingredients:

Grilled chicken breast – 130g

Cooked rice noodles (Thai Kitchen or
Annie Chun's) – 80g

Broccoli – 80g

Carrots – 50g

Soy sauce (low sodium) – 15g

Garlic – 3g

Sesame oil – 3g

Directions:

Stir-fry veggies with garlic and sesame
oil.

Add chicken and soy sauce, toss with
noodles. Serve hot.