

CROCKPOT SHREDDED CHICKEN

(Great Meal Prep Recipe!)

(Standard and Maintenance Plans)

This crockpot recipe is very easy and flavorful. It's a great way to prep for several meals throughout your week, too. You can use shredded chicken in many ways – added to lettuce salads, as chicken salad, warm or cold in a lettuce wrap with veggies, served with GHS or Primal Kitchen BBQ sauce or salsa, or added to soups and chilis. One serving of this recipe is 3 oz and covers your protein for one meal.



INGREDIENTS

4 boneless chicken breasts (approx. 2 lbs)

3/4 cup organic chicken broth

1/2 tsp. Pink Himalayan salt

1/4 tsp. ground black pepper

1/2 tsp. onion powder

1/2 tsp. garlic powder

1/2 tsp. paprika

3/4 tsp. Italian seasoning

INSTRUCTIONS

Place chicken breasts in a crockpot. Pour in the broth and sprinkle with seasonings.

Cover and cook on low for 3-4 hours or until fall apart tender.

Using two forks gently shred the chicken in the liquid into the size chunks you desire. If your chicken produces a lot of liquid, you may want to remove some liquid, then add it back in, if needed.