

# Chipotle Pollo Asado Bowl

*Recipe makes 6 meals*

## Ingredients

3 Boneless Skinless Chicken  
Breasts, 8 oz each

1.5C White Rice, uncooked

15oz can Corn, drained

1C Reduced Fat Shredded  
Monterey Cheese

3/4C Salsa

3/4C Pico de Gallo

3/4C Guacamole

1/2 head Lettuce, shredded

1/4C Cilantro, chopped

1/4C Lime Juice

1/4C Water

1 Tbsp Olive Oil

1 Tbsp White Vinegar

1 Tbsp Garlic Powder

1/2 Tbsp Onion Powder

1 tsp Salt

1 tsp Chipotle Powder

1/4 tsp Cumin

1/4 tsp Chile Powder

1 pack Sazón



## Nutrition Profile

*- per meal -*

Calories - 469

Fat - 14g

Carbohydrates - 49g

Protein - 37g

**Estimated Cost  
Per Meal**

**\$3.46**

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# Instructions

1. Start by slicing your chicken breast in half horizontally and set aside.
2. In a large mixing bowl, add in 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp chipotle powder, 1/4 tsp chile powder, 1/4 tsp cumin, 1 packet sazón, 1 tsp salt, 1 Tbsp olive oil, 1 Tbsp vinegar, and 1/4 cup water. Mix well then add your chicken, Toss to coat. Cover and place in the refrigerator for at least 1 hour, preferably overnight.
3. When your chicken is ready to cook, start on your rice. Cook according to the instructions on the package.
4. While your rice is cooking, place your chicken in the air fryer at 375 for 12-15 minutes or until cooked through and has your desired cook on the outside. Flip halfway through cook time.
5. When your rice is done add 1/4 cup lime juice and 1/4 cup chopped cilantro. Mix well, taste, and add salt to preference. Portion the rice out into your meal containers.
6. When your chicken is done, chop into desired bit size pieces and add into your meal containers with your rice. Portion out your corn across your meals and you're done.
7. Each day after you reheat your meal, add 2 Tbsp of salsa, 2 Tbsp of pico de gallo, 2 Tbsp light sour cream, 2 Tbsp guacamole. Then top with a little cheese and lettuce.
8. Enjoy!



# Notes

- This is an extremely versatile recipe. Ingredients can be omitted or added to fit your preference and dietary needs.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.