

FIXATE RECIPES

SHEET PAN FRIED RICE

Serves: 4 (1½ cups each)



Total Time: 30 min.

Prep Time: 8 min.

Cooking Time: 22 min.

2 cups / 545 g	cooked brown rice	¼ cup / 60 ml	reduced-sodium tamari soy sauce
1½ cups / 205 g	cooked chicken breast, boneless, skinless, shredded	1 Tbsp. + 1 tsp.	toasted sesame oil
1½ cups / 110 g	frozen stir-fry vegetable mix	1 Tbsp.	coconut sugar
½ cup / 80 g	sliced onion	¼ cup / 25 g	sliced green onions

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Preheat oven to 400° F (200 °C). Lightly coat a large baking sheet with spray.
2. Add rice, chicken, vegetable mix, onion, soy sauce, oil, and sugar to a large mixing bowl; toss to combine. Spread rice mixture in a single layer on prepared sheet.
3. Bake, stirring 3 times, for 20 to 22 minutes, or until rice begins to crisp around the edges.
4. Divide fried rice evenly among 4 serving plates; garnish each with 1 Tbsp. green onions. Enjoy!

RECIPE NOTES:

- When you buy your mixed veggies, make sure they don't contain anything that would count as yellow, like peas.
- Cold, day-old rice makes the best fried rice, but you can use freshly prepared rice if it is all you have.
- You can substitute coconut aminos for the soy sauce.
- Be sure that your stir-fry doesn't contain corn in it to be Gut Protocol-approved.

Nutritional Information (per serving):

Calories:	340	Cholesterol:	44 mg	Fiber:	3 g
Total Fat:	9 g	Sodium:	950 mg	Total Sugars:	5 g
Saturated Fat:	1 g	Carbohydrates:	43 g	Added Sugars:	3 g
				Protein:	21 g

PORTION FIX Container Equivalents (per serving)

(REG) ■ 1 ■ ½ ■ 1 ■ 1

THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

■ 1 ■ A ½ ■ B 1 ■ 1

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **GP** icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.