

FIXATE RECIPES

CRUNCHY BAKED CHICKEN

Serves: 4 (4 oz. each)



Total Time: 35 min.

Prep Time: 15 min.

Cooking Time: 20 min.

1 cup / 120 g	gluten-free plain unseasoned bread crumbs (not panko)	¾ tsp.	nutritional yeast
1 Tbsp.	avocado oil (or other neutral oil)	¾ tsp.	sea salt (or Himalayan salt)
1 tsp.	dry minced garlic	¼ tsp.	ground black pepper
1 tsp.	dry minced onion	¼ tsp.	dried basil
¾ tsp.	ground paprika	¼ tsp.	dried parsley
¾ tsp.	celery salt	¼ tsp.	dried oregano
		1 lb. / 460 g	raw chicken breast, boneless, skinless

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Preheat oven to 400° F (200 °C). Lightly coat a large baking sheet with spray.
2. Add bread crumbs, oil, garlic, onion, paprika, celery salt, nutritional yeast, salt, pepper, basil, parsley, and oregano to a mixing bowl; mix to combine, making sure oil is distributed evenly with no clumps.
3. Cut chicken into four equal pieces; rinse under cold water. Let excess water drain; lay out on a plate.
4. Sprinkle all sides of chicken liberally with ¼ cup (20 g) of seasoning mixture to coat; lay in a single layer on prepared sheet.
5. Bake for 17 to 20 minutes, or until cooked through and a thermometer inserted into thickest part reads 165° F (75 °C).

RECIPE NOTES:

- This bread crumb seasoning will make 1¼ cups (120 g). Only ¼ cup (20 g) is used; save the remaining seasoning for another meal.
- You can add seasoning to a resealable plastic bag and shake it with the chicken, but we think that creates more waste.
- Fresh, leftover seasoning can be stored in an airtight container in the pantry for up to 1 month.

Nutritional Information (per serving):

Calories:	160	Cholesterol:	83 mg	Fiber:	0 g
Total Fat:	4 g	Sodium:	225 mg	Total Sugars:	0 g
Saturated Fat:	1 g	Carbohydrates:	3 g	Added Sugars:	0 g
				Protein:	26 g

PORTION FIX Container Equivalents (per serving)

(REG) ■ 1

THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

■ 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.