

Chicken Dump Recipes

Low Carb Companion

compiled by Gwen Brown of Gwens-Nest.com

Substitute suggestions noted below the recipe when needed. Bracketed notes on recipe "types" are from the [Trim Healthy Mama plan](#).

For E or FP recipes: Always choose boneless, skinless chicken breasts for these meal types. Follow book recommendations for lean protein amounts for Fuel Pull meals.

Please note that some meals are considered an E fuel source since they contain healthy carbs, while others are simply adding a lean protein, and should be paired with a healthy carb side dish to create an E meal.

PLAN 1

[Chicken Hurry](#), p. 6

[FP or E-low fat protein source or use chicken thighs for an S meal]

- Use sugar free ketchup or tomato sauce instead of ketchup
- Increase water to 1/2 cup
- Use my [sugar free brown sugar](#) recipe
- Sub 2 Tablespoons dried onion flakes and 2 teaspoons season all for the onion soup mix

[Lemon & Garlic Chicken](#), p.7 [S]

[Sticky Chicken](#), p. 7 [S]

- Use sugar free ketchup or tomato sauce instead of ketchup

PLAN 2

[Teriyaki Chicken](#), p.8

[FP or E-low fat protein source or use chicken thighs for an S meal]

- Sub 3 tablespoons [brown sugar sub](#) and 1/4 cup water for the honey

[Lemon Mustard Chicken](#), p. 8

[FP or E-low fat protein source or use chicken thighs for an S meal]

[French Canadian Chicken](#), p.9

[FP or E-low fat protein source or use chicken thighs for an S meal]

- substitute sugar free syrup for maple syrup, and add 1/2 teaspoon maple flavoring, opt.

[Pepper Lime Chicken](#), p. 9

[FP or E-low fat protein source or use chicken thighs for an S meal]

PLAN 3

Chicken Taco Soup, p.11 [E fuel recipe]

- sub water + 2 teaspoons Worcestershire sauce or beef broth for beer

Garlic Chicken, p. 12

- For an E meal: Reduce oil to 1 Tablespoon and add another E side dish
- For an S meal: Reduce carrots to 1/4 cup, and either use chicken thighs or add an S side dish or dessert

Red Pepper Chicken, p 12 [S Recipe]

Better Than It Sounds Chicken, p 13 [S Recipe]

- omit prunes and apple juice, and add 1/2 cup water and 2 tablespoons [brown sugar sub](#)

Chicken Cacciatore, p. 13

[FP or E-low fat protein source or use chicken thighs for an S meal]

- May serve over Dreamfields pasta or konjac shirataki noodles for S
- May serve over black bean pasta or brown rice as an E meal

PLAN 4

Salsa Chicken, p 14

[FP or E-low fat protein source or use chicken thighs for an S meal]

Greek Chicken, p . 14 [S Recipe]

Jamaican Jerk Chicken, p. 15

[FP or E-low fat protein source or use chicken thighs for an S meal]

- For E- choose chicken breasts; lower oil to 1 Tablespoon; use 2 Tablespoons sugar free syrup instead of honey.
- For S- sub sugar free syrup for honey and use chicken thighs or add an S side dish or dessert to your meal.

Shredded BBQ Chicken, p. 15

[FP or E-low fat protein source or use chicken thighs for an S meal]

- Use a sugar free BBQ sauce

Easiest Chicken, p.16

[S recipe or use an on plan lowfat Greek or for E/FP use chicken breasts and a fat free Italian salad dressing or my [homemade Greek low fat version](#)]

PLAN 5

Chicken Curry, p. 17

[FP or E-low fat protein source or use chicken thighs for an S meal]

Asian Chicken, p. 17

[FP or E-low fat protein source or use chicken thighs for an S meal]

- Use sugar free brown sugar

Orange Chicken, p. 18

[FP or E-low fat protein source or use chicken thighs for an Crossover meal]

- Use 1/4 cup water, 4 packets or 1 doonk of stevia or sweetener of your choice, and a drop or two of pure orange essential oil instead of orange juice.

Thai Coconut Chicken, p. 18 [S Meal]

- Sub green curry paste for a less spicy dish

Tex Mex Chicken, p. 18 [E Fuel Meal]