



## Gutted Grubs

## Cilantro Lime Chicken w/Rice

Always consult your physician before beginning any diet program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate nutrition prescription. If you experience any discomfort with these meals, stop and consult your healthcare provider.





# Wayment! Hold up!

## Before starting Guide2Gutted Grubs, let me let ya know something!



Don't let your initial meal prep grocery list scare you. Once you stock your seasonings and staple foods, the grocery list will be much cheaper.



Buy all produce and staple items in bulk and per sale. Pre-chop and store them in freezer bags or containers for your next meal prep.



Get fancy and switch up your meal prep by switching out seasonings or produce pairings.



Invest in glassware! You can cook your meals in them, then put em in the fridge!



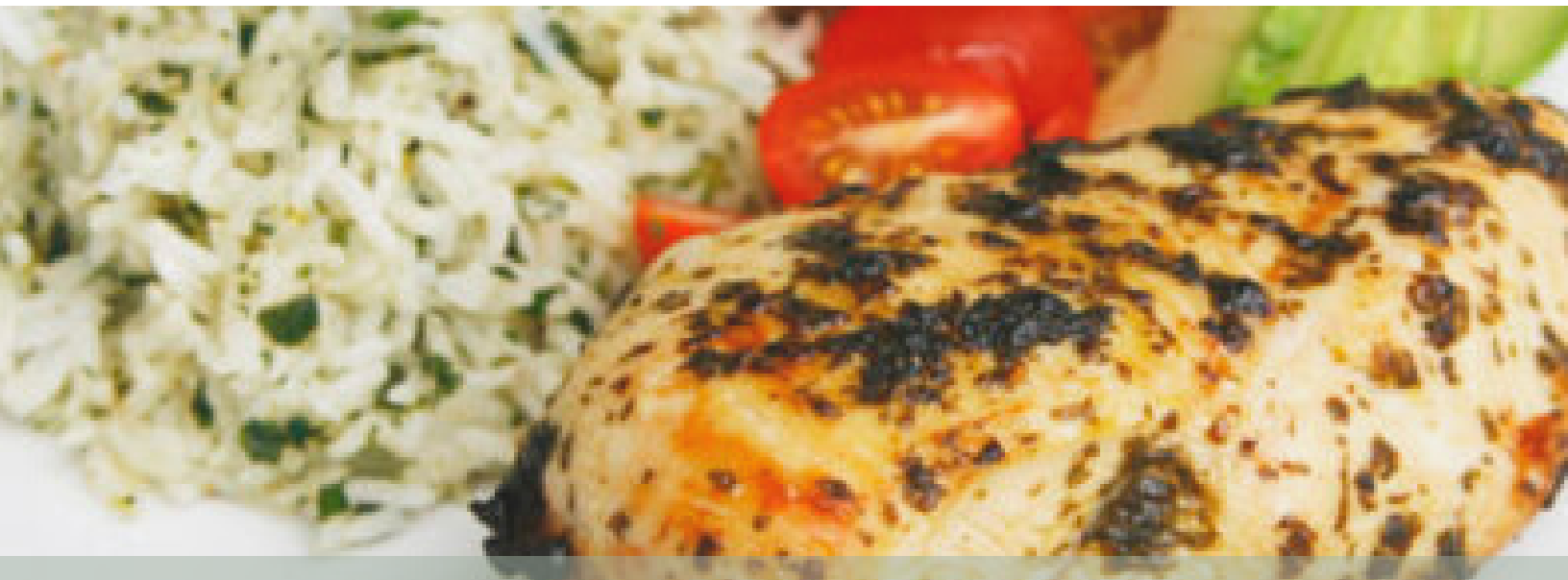
Track progress and your consistency by marking your activity as complete on the app. Don't forget to snap ya pics too!



Consistency produces results! It takes 3 weeks (21 days) of consistently eating well for others to see progress. It takes you 6-8 weeks to see it. Keep going!

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.





# Grocery List

## MEALS

### Dinner

Cilantro Line Chicken w/ brown rice

### Snacks

Nut Butter and Banana Toast w/ Honey

## TOOLS NEEDED

- Spreading knife
- Veggie Cutting Knife
- [Glass Containers](#)
- [Rice Cooker](#) (if you struggle like me.)

## GROCERY LIST

- 4 Bone In Chicken Thighs
- 2 Large Sweet Potatoes
- 1 Bunch of Cilantro
- 1 Lime or Lime Juice
- 1-2 Garlic Cloves
- 1 Bag Brown Rice or Quinoa
- Extra Virgin Olive Oil
- Cumin Seasoning
- Crushed Red Pepper Flakes
- Salt and Pepper



# Cilantro Lime Chicken w/Rice

## Ingredients

4 Tablespoons Olive Oil,  
Juice of 2 limes,  
1/4 cup of cilantro,  
2 garlic glove,  
1/2 teaspoon cumin,

Pinch of Red Pepper Flakes  
4 Bone-In Chicken Thighs  
Salt and Pepper  
Brown Rice or Quinoa

Cook quinoa or brown rice according to its package instructions while cooking chicken. Set aside when done

Whisk together 1 tbsp olive oil, lime juice, cilantro, 1 garlic glove, cumin, and a pinch of red pepper flakes. After washing chicken, add chicken and toss to coat. Let marinate in fridge 30 minutes and up to 2 hours. When ready to cook, preheat oven to 425°.

In a large ovenproof skillet over medium-high heat, heat remaining tablespoon of oil. Season chicken with a dash of salt and pepper, then add to skillet skin-side down and pour in remaining marinade. Sear until skin is golden and crispy, about 6 minutes. Flip and cook 2 minutes more.

Transfer skillet to oven and bake until chicken is cooked through, 10 to 12 minutes. Serve with Rice or separate into meal prep!





# Ok Pen!

YOU REALLY DID THAT THOUGH!  
Congratulations to you, for putting you first and  
seeing this challenge through. I knew you was a  
real one!!

Post your pics and tag #GuttedGang and  
#GuttedFitness so we can check you out!! And of  
course, repost you!

