

10 Marinated Chicken Freezer Packs for the Grill

FROM WWW.NEWLEAFWELLNESS.BIZ

To each freezer bag, add:

- 1 package boneless, skinless chicken breasts (1-2 pounds)
- 1/4 cup olive oil
- 1 pinch salt

And 3 teaspoons seasoning (1 teaspoon of each):

1. Lemon Garlic - lemon zest*, rosemary, garlic powder
2. Lemon Pepper - lemon zest*, pepper, onion powder
3. Chili Lime - lime zest*, chili powder, red pepper flakes
4. Spicy Garlic Lime - lime zest*, garlic powder, pepper
5. Basic BBQ - chili powder, paprika, cinnamon
6. Mild Cajun - paprika, garlic powder, onion powder
7. Southwestern - chili powder, paprika, and cumin
8. Mediterranean - onion powder, garlic powder, parsley flakes
9. Ginger Garlic - garlic powder, onion powder, ginger
10. Italian - basil, oregano, thyme

*No need to measure one teaspoon. Add whatever comes off each piece of fruit.

Freeze for up to three months.

To Cook:

- Thaw in the refrigerator overnight or in a pan of water.
- Grill for 6-8 minutes or until chicken is cooked through.
- Enjoy!

Shopping List

- Quart-sized plastic freezer bags – 10
- Boneless, skinless chicken breasts – 10 packages (1-2 pounds each)
- Olive oil – 20oz (2.5 cups)
- Lemons – 2 (for zest)
- Limes – 2 (for zest)
- Seasonings:
 - Basil
 - Chili powder
 - Cinnamon
 - Cumin
 - Garlic powder
 - Ground ginger
 - Onion powder
 - Oregano
 - Paprika
 - Parsley flakes
 - Pepper
 - Red pepper flakes
 - Rosemary
 - Salt
 - Thyme