



CROCKPOT SHREDDED CHICKEN

(Great Meal Prep Recipe!)

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(Standard and Maintenance Plans)

This crockpot recipe is very easy and flavorful. It's a great way to prep for several meals throughout your week, too. You can use shredded chicken in many ways – added to lettuce salads, as chicken salad, warm or cold in a lettuce wrap with veggies, served with GHS or Primal Kitchen BBQ sauce or salsa, or added to soups and chilis. Makes 6-8 servings. One serving of this recipe is 3 oz and covers your protein for one meal.



INGREDIENTS

- 4 boneless chicken breasts (approx. 2 lbs)
- 3/4 cup organic chicken broth
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. ground black pepper
- 1/2 tsp. onion powder



1/2 tsp. garlic powder
1/2 tsp. paprika
3/4 tsp. Italian seasoning

INSTRUCTIONS

Place chicken breasts in a crockpot. Pour in the broth and sprinkle with seasonings.

Cover and cook on low for 3-4 hours or until fall apart tender.

Using two forks gently shred the chicken in the liquid into the size chunks you desire. If your chicken produces a lot of liquid, you may want to remove some liquid, then add it back in, if needed.