



## WEDNESDAY

**NEXT DAY PREP:** THAW chopped chicken

### CARIBBEAN CHICKEN WITH GRILLED VEGETABLES

**Cost per serving \$5.37**

REHEAT grilled chicken quarters and grilled vegetables from Sunday prep

Caribbean Chicken Pieces -

PER SERVING: (1 chicken quarter):

498 calories; 37 g protein; 34 g fat; 9 g carbohydrates;

1 g fibre; 7 g sugars; 802 mg sodium

Grilled Vegetables - PER SERVING (1/4 recipe):

209 calories; 4 g protein; 7 g fat; 33 g carbohydrates;

5 g fibre; 7 g sugars; 312 mg sodium