

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Go-To Grilled Chicken

Date:

Additional Ingredients:

- None

**THAW MEAL BEFORE
COOKING**

freezermealprep.pro

- Thaw the meal overnight in the fridge. Remove the chicken from the fridge and let it sit at room temperature for 15 minutes before cooking.

Grill:

- Preheat the grill to 400F.
- Grill chicken for 4-6 minutes per side or until chicken reaches an internal temperature of 165F.

Oven:

- Preheat oven to 400F.
- Place chicken on greased 9x13-inch baking sheet. Bake for 22-25 minutes or until chicken reaches an internal temperature of 165F.

Air Fryer:

- Place chicken in air fryer basket.
- Cook at 400F for 15 minutes or until cooked through with an internal temperature of 165F.

Additional Instructions:

- Let the chicken rest for 5 minutes before serving.
- Serve any way you prefer, such as adding the chicken to salads, on sandwiches, in enchiladas, or on its own.