



Easy³ Meal Plan

PREP

Butterfly 4 pieces of boneless chicken breast so you end up with 8 pieces. Pan-fry each piece in a skillet. When done, don't clean the skillet. Re-heat it over low-heat. Pour in a jar of tomato sauce. Scrape up any brown bits. Add dried oregano and grated parmesan cheese (if you have it). Stir to combine. Safely store sauce in jar. Place cooked chicken in an airtight container. Store in fridge for up to 4 days.

PAN-FRIED CHICKEN

Meal #1 – Reheat two-pieces of pan-fried chicken (on a sizzle platter). Serve with steamed rice, steamed veggies and/or a tossed salad on the side.

NAKED CHICKEN PARMESAN

Meal #2 – Place 4 pieces of pan-fried chicken in a casserole dish or oven-safe skillet. Top each with prepared tomato sauce. Sprinkle each piece with grated mozzarella. Bake in oven at 350°F / 175°C until re-heated and cheese is melted on top. Serve 2 pieces with cooked vegetables on the side. Safely store one or two remaining pieces of Naked Chicken Parmesan for meal #3.



Pan-Fried Chicken

NAKED CHICKEN PARMESAN SANDWICH

Meal #3 – Cut a bell pepper into large chunks. You could also chop half an onion. Heat cooking oil in a skillet. Add bell pepper (and onion if using) to skillet. Lightly season with salt and pepper. Cook until vegetables are slightly softened. Remove from heat. Reheat 2 pieces of stored Naked Parmesan Chicken in the oven or microwave. Place re-heated chicken on a toasted bun. Top with cooked veggies.

CHICKEN WRAP & ALFREDO PASTA

Meal #4 – Chop 1 piece of pan-fried chicken and roll in a wrap with cheese, chopped lettuce, and your favorite salad dressing, vinaigrette or sauce.

Meal #5 – Chop remaining piece of pan-fried chicken and stir into a pot of heated store-bought alfredo sauce. Serve over cooked pasta.

Approx. Cost:
\$5.25 per meal

See shopping list* for budget breakdown.

*inside paid package →
see next page



The “Zero Extra Bandwidth” Package

What You Get

- ✓ **5 recipes with zero guessing** (from easy to → easiest)
- ✓ **Shopping list with actual prices** (Walmart tested)
- ✓ **Cooking 101 video** (knife skills, pan basics, how not to burn chicken)
- ✓ **AI hacks** (prompts for substitutions or to use what you have)
- ✓ **Storage guide** (what to freeze, how long it lasts, best way to reheat)

Get It for ~~\$9~~ \$4.95 [Until November 30th, 2025] →

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