

Crispy Chicken and Roasted Sweet Potato Bowl

Printable grocery list · Serves 1 (multiply for the week)

- ☐ Boneless, skinless chicken breast
- ☐ 1 small sweet potato, peeled & cubed
- ☐ 1 cup broccoli florets
- ☐ 1 tbsp olive oil
- ☐ ½ tsp garlic powder
- ☐ ½ tsp paprika
- ☐ Salt and pepper
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 tbsp fat-free plain Greek yogurt
- ☐ Balsamic glaze (optional)