

Santa Fe Chicken Low Carb Meal Prep Bowls

Santa Fe chicken low carb meal prep has cilantro lime cauliflower rice and bell peppers topped with seasoned chicken breast and cheese! 8 g net carbs.



Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Lunch Cuisine: Mexican Diet: Diabetic, Low Calorie
Calories: 303kcal Servings: 4



Ingredients

Cilantro Lime Cauliflower Rice

- 4 cups cauliflower riced
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- 1 lime zested
- ¼ cup cilantro leaves packed

Veggies

- 2 bell peppers sliced
- ½ red onion sliced
- 1 tablespoon olive oil

Chicken

- 1 lb chicken breasts sliced in half horizontally; roughly 2 large chicken breasts
- 1 tablespoon olive oil
- 2 tablespoons [taco seasoning](#)

To serve

- ¼ cup cheese shredded
- 2 avocados note 1

Instructions

1. **Cilantro Lime Cauliflower Rice**- Heat olive oil in a non-stick pan over medium heat. Add the cauliflower rice, some salt, garlic powder and lime zest. Cook until slightly softened, then stir in the cilantro and remove from heat.
2. **Sauté bell peppers & onions**- Add 1 tablespoon of olive oil to the pan, and cook the bell peppers and red onion for 5 minutes, or until softened slightly. Transfer to a clean plate, or portion out into meal prep containers and allow to cool.

3. **Cook the chicken-** Slice the chicken horizontally to make 2 thin slices, then brush with olive oil and rub taco seasoning all over.

Cook in a nonstick pan for 4-5 minutes per side; remove the pan from the heat, cover and allow to rest for 5 minutes

4. **Portion-** Divide the cooled vegetables and chicken between four 3 cup meal prep containers. Sprinkle with cheese, put the lids on, and refrigerate for up to 4 days.

5. **To serve-** Heat in the microwave until steaming hot, and cheese is melted over the chicken. Add sliced avocado, if desired.

Notes

1- cut and add it fresh; nutritional information does not include avocado; adding ½ an avocado to a meal prep bowl brings net carb count to 9 g with 30 g protein

Storage

Store in the fridge for up to 4 days

Nutrition

Serving: 1 lunch bowl | Calories: 303kcal | Carbohydrates: 11g | Protein: 28g | Fat: 16g | Saturated Fat: 3g | Cholesterol: 79mg | Sodium: 456mg | Potassium: 883mg | Fiber: 3g | Sugar: 5g | Vitamin A: 2150IU | Vitamin C: 130.8mg | Calcium: 87mg | Iron: 1.3mg

