



**A HEALTHY,
QUICK, AND EASY-
TO-MAKE MEAL
THAT'S READY
IN MINUTES**

TOMATO BASIL CHICKEN

SERVES 4

Spread your wings toward better health with juicy chicken breasts that are served in a decadent tomato basil sauce. This healthy and nutritious recipe is an excellent summer dish, and you won't have to spend all day in the kitchen preparing this meal. There's nothing better than satisfying your appetite and eating a nutritious meal at the same time.

INGREDIENTS



4-6 thin sliced chicken breasts



2 tablespoons butter, ghee or expeller pressed coconut oil



2 cups of cherry tomatoes, sliced in half



4 large basil leaves, sliced



2 garlic cloves, minced

DIRECTIONS

1. Heat butter or oil.
2. Add the chicken breasts to the pan.
3. Add the tomatoes to the pan.
4. Cook the chicken for about three minutes on both sides (depending on the thickness), or until fully cooked and reaches 165 degrees.
5. During the last minute of cooking, add the basil and garlic. Give it a toss.



"My favorite thing to do is teach how to cook easy, healthy, budget-friendly meals with minimal ingredients!"

Jaime Alonso, certified health coach

I received my initial training and certification as a wellness coach at Spencer Institute. I then continued my training as a health coach from the Institute for Integrative Nutrition's cutting-edge health coach training program. During my training, I studied over 100 dietary theories, practical lifestyle management techniques, and innovating coaching methods with some of the world's top health and wellness experts. My teachers included Dr. Andrew Weil, director of The Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, director of Yale University's Prevention Research Center; Dr. Walter Willet, chair of nutrition at Harvard University; Geenan Roth, best-selling author and expert on emotional eating; and many other leading researchers and nutrition authorities.

My responsibility at TNT is to help you create a "sustainable" lifestyle change. Meeting you where you are in your journey and equipping you with practical tools to grow and learn new strategies; teaching you how to shop and meal plan; helping you create new ideas; and learning how to go out to eat are a few of the hands-on lessons you receive. I teach you how to live well for life!