

# Quick 52 Diet Chicken Recipes All Under 300 Calories

Are you on the popular 5:2 diet and looking for delicious chicken recipes that are both quick and low in calories? Look no further! We have compiled a list of 52 mouthwatering chicken recipes, each under 300 calories, to help you stay on track with your weight loss goals without compromising on taste.

## 1. Lemon Garlic Chicken



This lemon garlic chicken recipe is bursting with flavor. The tangy lemon and aromatic garlic create a perfect balance, while keeping the calories under 300. Serve it with a side of fresh vegetables for a complete and satisfying meal.

### **Quick 5:2 diet chicken recipes: All under 300**

**calories** by Daniel Amocat (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English



File size : 136 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 31 pages  
Lending : Enabled



## 2. Teriyaki Chicken Stir-Fry



Indulge in the Asian flavors with this delicious teriyaki chicken stir-fry. Packed with colorful vegetables and tender chicken, this low-calorie dish will leave you feeling satisfied without the guilt.

### **3. Grilled Chicken Salad**



When it comes to eating healthy, salads are always a great option. This grilled chicken salad is not only low in calories but also high in protein. Toss it with your favorite greens and dressing for a refreshing and fulfilling meal.

#### **4. Moroccan Chicken Tagine**



Experience the flavors of Morocco with this aromatic chicken tagine. Packed with spices, vegetables, and tender chicken, this dish is a perfect blend of taste and nutrition. Serve it with a side of couscous for a complete meal.

## **5. Healthy Chicken Pot Pie**



Who said pot pies can't be healthy? This recipe replaces traditional puff pastry with a lighter phyllo pastry, making it a guilt-free comfort food option. The chicken and vegetable filling is creamy and flavorful, perfect for a cozy dinner.

These are just a few examples of the wide array of tasty and calorie-conscious chicken recipes that you can enjoy on the 5:2 diet. Experiment with different flavors, spices, and cooking techniques to keep your meals varied and exciting.

Remember, with discipline and healthy choices, you can achieve your weight loss goals without compromising on taste.

So why wait? Start exploring these quick 52 diet chicken recipes today and savor the deliciousness while staying within your calorie limit!



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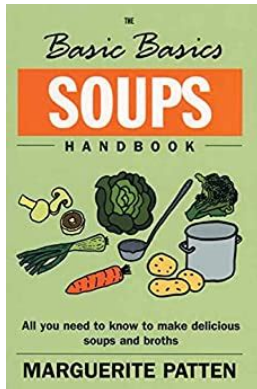
Chicken is everyone's delicacy. And I am sure you too love chicken or you would not be reading this. The problem is most chicken recipes contain a lot of calories. They are not good for 5:2 diet followers. I have been following this diet for a few months now. These chicken recipes are the ones I use during my fasting days. There are days you crave for chicken even when you are fasting. Now you have low calorie chicken recipes to enjoy.





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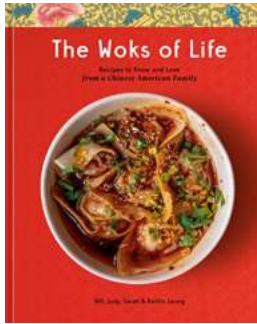
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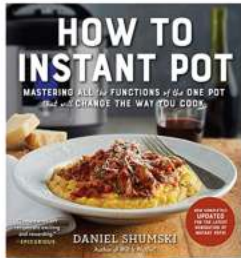
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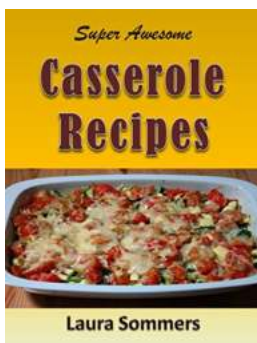
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