

Prepared Chicken Guide

We use **cooked boneless, skinless chicken breasts** (grilled, baked, etc) in our recipes as it's widely available, simple to prepare, nutritious and affordable. Organic is more about farming practices than a huge nutritional difference (personal preference). Below are other options you can use!



Similar Swaps

*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.

No Cook!



ROTISSERIE

Contains both white and dark (more fat) meat. Trades a little (not much!) protein and added fat for flavor and convenience

No Cook!



CANNED

Convenient and shelf-stable, but often higher in sodium.



THIGHS

A bit more fat and calories than breast but still a good protein source. Often juicier and more flavorful.

No Cook!



DELI MEAT

Most contain nitrates, nitrites or celery powder, but levels are low—if you eat them daily for long periods, mix in other proteins for balance.



GROUND

97/3 will have slightly more fat and calories. More fatty options will divert further.



REALGOOD

Very light breading adds a touch of carbs and fat. Convenient and tasty!



Other Options

*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



LIGHT BREAD

Slightly higher in fat and carbs. Super convenient freezer option.



NUGGETS

Usually higher in sodium, fat, and carbs. Fun nostalgia!



Meatless!

T.V.P

Nutritionally similar, shelf stable, high protein & low fat while being vegan.



DARING

Made from soy, a few grams less protein but very comparable.

No Cook!



CAN OF TUNA

Canned tuna is nutritionally very similar to chicken breast—both are lean, high-protein options



BEEF, TURKEY, OR PORK

Can be moderate in fat depending on the cut. Lean cuts can be very similar to chicken. Beef is higher in saturated fat but rich in iron and other nutrients.