

# 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.



Meatless!

### 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.

# Chicken Fact Sheet

*Per 4 oz boneless, skinless chicken breast*



Calories	Fat	Protein	Carbs	Fiber	Cost
140	3	25	0	0	140

- With a **PDCAAS score of 1.0** (Protein Digestibility-Corrected Amino Acid Score, a scale from 0–1 that measures how complete and digestible a protein is), meaning it contains all essential amino acids and is highly usable by the body for muscle repair, lean body mass, and satiety.
- **Protein** helps build and repair muscle, preserve lean body mass, supports satiety, and contributes to stable mood and energy levels.
- Chicken provides meaningful amounts of **selenium** (~30–40% DV), **niacin** (B3, ~60% DV), **vitamin B6** (~30% DV), and **phosphorus** (~20% DV), supporting antioxidant activity, energy metabolism, and bone health.
- Protein slows digestion when paired with carbs, helping **stabilize blood sugar** and reduce spikes.
- Skinless chicken is lean, easy to cook in many ways, and can be included in balanced meals with grains and vegetables.