

# Sunday Chef Recipe: BBQ Chicken Bowl

Hey Sunday Chefs!

This weeks recipe is a royal treat with zero guilt. Every recipe here is crafted to help you navigate your eating plan with confidence free from the 12 harmful foods that trigger inflammation and put stress on the body.

Because you deserve to eat like royalty without sacrificing your health.

This BBQ Chicken Bowl is a flavor-packed powerhouse:

No gluten.

No inflammatory oils.

And now with Plant Derived Minerals to help every cell thrive.

Lets nourish and energize from the inside out.

BBQ Chicken Bowl (Clean & Powerful)

Makes 2 servings

Crockpot BBQ Chicken Instructions

Ingredients:

- 2 boneless, skinless chicken breasts (about 1 lb)
- 12 cup gluten-free BBQ sauce (no oils, sugars, or gluten)
- Optional: 14 cup water or chicken broth for moisture

Instructions:

1. Place chicken breasts in your crockpot.
2. Pour BBQ sauce (and water or broth, if using) over the chicken.
3. Cover and cook on:  
Low for 6-7 hours, or  
High for 3-4 hours
4. Shred the chicken with two forks in the crockpot and let it soak in the juices.

## Sunday Chef Recipe: BBQ Chicken Bowl

### Bowl Ingredients:

- 1 cup cooked quinoa (fluffed)
- 12 avocado, diced
- 14 cup black beans (rinsed, optional)
- 14 cup tomatoes, diced
- 14 cup red or yellow bell pepper, chopped
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh cilantro, chopped

### Oil-Free Dressing:

- Juice of 12 lime
- 1 tbsp water (or extra lime juice)
- 1 capful Plant Derived Minerals
- Optional: pinch of cumin or garlic powder

### Assembly:

1. Place quinoa at the bottom of your bowl and top with warm shredded BBQ chicken.
2. Layer on all veggies and cilantro.
3. Mix dressing and drizzle it over the top.
4. Toss gently and season with Celtic or Himalayan salt & pepper to taste.

Eat well, feel amazing, and let food fuel your transformationnot fight it.

Your kitchen is your kingdom rule it well.

With gratitude and good food,

Brett