



# FREE LOW CARB MEAL PLAN

## Easy Skillet Chicken Fajitas

(Yields 4-5 servings)

### **Ingredients:**

1.5 lbs. Fresh Chicken Breasts, sliced into strips  
3 Bell Peppers, any color sliced  
1 Red Onion, sliced  
3 Tablespoons Olive or Canola Oil, divided  
1 Tablespoon Lemon juice  
1.5 Teaspoons Ground Cumin  
1 teaspoon Garlic Powder  
1 teaspoon Dried Oregano  
1/2 teaspoon Chili Powder  
1/2 teaspoon Paprika  
Salt & Pepper to taste  
For Serving: Lettuce cups, avocado, cheese, hot sauce, ect

### **Directions:**

- In a large skillet, sauté peppers and onions with 1 1/2 tablespoons of oil until crisp-tender, remove from skillet, and set aside.
- In the same skillet, heat remaining oil, and add chicken. Stir in seasonings and lemon juice. Cook over medium-high heat for 5-6 minutes or until no longer pink.
- Return pepper mixture to pan and heat through.
- Serve on top of lettuce cups with any desired low carb topping such as avocado, cheese, and favorite hot sauce.