



www.AchieveFitnessUSA.com

Atwood Chicken

Ingredients:

- 2 boneless, skinless chicken breasts
- Lawry's Seasoned Salt
- Garlic salt
- Pepper
- Lemon juice
- Water
- Oregano

Sprinkle chicken with seasoned salt, garlic salt and pepper. Soak chicken in a casserole dish or large Ziploc bag with lemon juice diluted with a little water. Sprinkle chicken with oregano and refrigerate a couple of hours. Grill until brown on both sides about 30 minutes. Serve with a portion of brown rice and your favorite vegetable.