

DOC NO. 03 · RECIPE PACK

Chicken Breast Mastery

Five reliable methods for the lean, lunch-and-dinner protein at the spine of the week.

03

DOC HUB

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PROTOCOL

High-Protein · Low-Carb

EDITION

01



THE WORK-DAY PROTEIN

Chicken Breast, Done Right

A chicken breast is the cheapest, leanest, most efficient protein in the kitchen — and the easiest to ruin. These five methods carry the breast across ten meals a week without monotony or dryness.

THE BRINE

The single most important step

Two tablespoons of fine sea salt in one quart of cold water. Submerge breasts for 30 minutes (90 minutes maximum). Pat bone-dry. This one habit raises the floor on every recipe below.

METHOD 01

The Cast-Iron Sear

12 minutes · the workhorse · weeknight default

PROTEIN 52g

CALORIES 340

NET CARB 3g

FAT 12g

INGREDIENTS

- 8 oz chicken breast, brined + dried
- 1 tbsp ghee
- 1 tbsp butter, cold
- 2 cloves garlic, smashed
- Sprig fresh thyme
- Salt, pepper, finishing flake salt

METHOD

- 01** Heat cast iron over medium-high until ghee shimmers but doesn't smoke.
- 02** Lay chicken away from you; do not move it for 4 minutes.
- 03** Flip; reduce heat to medium; add butter, garlic, and thyme.
- 04** Tilt the pan and baste constantly for 3–4 minutes — internal 160°F.
- 05** Rest 5 minutes off heat, sliced against the grain. Flake salt at the table.

METHOD 02

The Pounded Cutlet

9 minutes · fast · golden crust

PROTEIN 50g

CALORIES 330

NET CARB 2g

FAT 11g

INGREDIENTS

- 8 oz chicken breast, butterflied + pounded to ½ inch
- 1 tbsp olive oil
- 1 tsp Dijon (no sugar)
- Salt, pepper, lemon

METHOD

- 01** Coat cutlets in olive oil + Dijon + salt + pepper.
- 02** Heat a dry stainless pan until ripping hot.
- 03** Lay cutlets in; sear 90 seconds per side — that's it.
- 04** Squeeze fresh lemon over the top off-heat.

METHOD 03

The Sheet-Pan Roast

30 minutes · hands-off · meal-prep ready

PROTEIN 53g

CALORIES 360

NET CARB 4g

FAT 13g

INGREDIENTS

- Two 8 oz chicken breasts (one for tonight, one for tomorrow's lunch)
- 2 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder, ½ tsp onion powder
- Salt, pepper

METHOD

- 01** Preheat oven to 425°F.
- 02** Coat breasts in oil and the spice blend.
- 03** Place on parchment-lined sheet pan; roast 18–22 minutes to 160°F.
- 04** Rest 8 minutes — carryover finishes the cook.
- 05** Slice one for dinner, refrigerate the second whole for lunch.

METHOD 04

The Garlic Butter Poach

16 minutes · silken · zero risk

PROTEIN 52g

CALORIES 370

NET CARB 3g

FAT 16g

INGREDIENTS

- 8 oz chicken breast
- 3 tbsp butter
- 3 cloves garlic, sliced
- 1 cup water
- Bay leaf, peppercorns, salt

METHOD

- 01** Bring water + butter + garlic + aromatics to a low simmer (180°F — never a boil).
- 02** Submerge chicken; lid on; off-heat for 14 minutes.
- 03** Lift out; rest 4 minutes.
- 04** Slice and pour two tablespoons of the garlic butter over the top.

METHOD 05

The Charcoal Grill

14 minutes · smoke-kissed · weekend mode

PROTEIN 53g

CALORIES 345

NET CARB 3g

FAT 12g

INGREDIENTS

- 8 oz chicken breast, brined
- 1 tbsp olive oil
- Salt, pepper, lemon
- Pinch of dried oregano (optional)

METHOD

- 01** Build a two-zone fire: hot side ~ 500°F, cool side ~ 300°F.
- 02** Sear chicken 2 minutes per side over the hot zone.
- 03** Move to the cool zone; cover; cook 6–8 minutes to 160°F.
- 04** Rest 5 minutes; slice; squeeze lemon; finish with flake salt.