

The Body Nurse

RECIPES



HONEY MUSTARD LEMON GARLIC CHICKEN

≡ (BBQ) ≡

A bold, flavour-packed BBQ recipe with a touch of sweetness balanced by garlic, lemon, and mustard. Perfect for a **high-protein, low-carb** meal, outdoor cooking, or easy family dinners.



INGREDIENTS

- 4–6 chicken thighs (or chicken tenders)
- 2 tbsp wholegrain mustard
- 1 tbsp honey (keep light for low-carb balance)
- 2 cloves garlic, minced
- Juice of ½ lemon
- 1 tbsp olive oil
- 1 tsp paprika
- ½ tsp salt
- ½ tsp pepper



COOKING INSTRUCTIONS



BBQ / GRILL (BEST OPTION)

- Medium heat
- Cook 5–7 minutes each side
- Baste with leftover marinade while cooking
- Ensure internal temperature is cooked through



ALTERNATIVE COOKING OPTIONS

AIR FRYER: 180°C, 12–15 min, flip halfway



OVEN: 200°C, 20–25 min



PRO TIPS

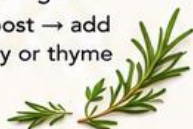
(THE BODY NURSE STYLE)

- Chicken thighs = juicier on the BBQ
- Don't overload honey — just enough for flavour
- Lemon helps tenderize and balance sweetness
- Let it rest 5 minutes after cooking for better juices



FLAVOUR VARIATIONS

- Spicy honey mustard → add chilli flakes
- Garlic lovers → double the garlic
- Herb boost → add rosemary or thyme



SERVING IDEAS

- Side salad with olive oil dressing
- Grilled zucchini or asparagus
- Cauliflower mash



SERVING SIZE

- Serves 2–3 as a main meal
- Serves 3–4 with sides (salad or veggies)

Want more servings?

- Double the recipe → Serves 4–6 (main) or 6–8 (with sides)



MACROS (APPROX PER SERVING)

Based on 4 servings (using 4 chicken thighs)

CALORIES
320
kcal

PROTEIN
34g

FAT
16g

CARBS
8g
(Net Carbs 7g)

Macros are estimates and may vary based on ingredients used.



NUTRITIONAL BENEFITS

- ✓ High protein
- ✓ Balanced fats
- ✓ Lower carb (controlled honey use)
- ✓ Great for fat loss while still enjoying flavour



THE BODY NURSE NOTE

*You don't need to cut flavour to lose weight.
You just need to control it.
Stay consistent. That's what gets results.*



♡ Real food. Real flavour. Real results. ♡

HIGH PROTEIN ♥ LOWER CARB
FULL OF FLAVOUR