

Chicken Parmesan

Shopping List:

Protein

- ☐ 4 chicken breasts, boneless, skinless (1 to 1½ lbs total)
- ☐ 2 large eggs, whisked

Pantry

- ☐ 2 cups blanched almond flour (not almond meal)
- ☐ 2 (7 ounce) bottles tomato paste
- ☐ 2 cups water
- ☐ 1 teaspoon herbes de provence

Dairy

- ☐ 6 tablespoons salted butter
- ☐ 16 ounces mozzarella cheese

Produce

- ☐ 6 cloves garlic, sliced