



TACTICAL TENDERS

INGREDIENTS

Seasoned Chicken:

- 2 pounds chicken tenderloins (trimmed)
- 2 tablespoons olive oil or avocado oil
- 1 tablespoon coarse salt
- 1 tablespoons paprika
- 1 tablespoon coconut sugar
- ½ teaspoon black pepper
- ½ teaspoon turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper (optional)

Lime-Coriander Sauce

- ½ tablespoon chili powder
- ¼ teaspoon ground ginger
- ½ tablespoon ground coriander
- 1 tablespoons lime juice
- ¼ cup low-sodium soy sauce (or coconut aminos for less sodium)
- ⅓ cup raw honey
- ½ cup water
- 1 tablespoon arrowroot powder (or cornstarch alternative)

DIRECTIONS

1. Preheat oven to 400°F (200°C) or a grill.
2. Season the chicken: Mix oil, salt, paprika, coconut sugar, black pepper, turmeric, cinnamon, and optional cayenne in a bowl. Toss chicken tenderloins in seasoning.
3. Bake or grill:
 - Oven: Arrange on a baking sheet and bake for 11-14 minutes, flipping once.
 - Grill: Cook over medium-high heat for 3-4 minutes per side.
4. Prepare the sauce: In a saucepan, combine chili powder, ginger, coriander, lime juice, soy sauce, honey, and water. Simmer on medium heat.
5. Thicken the sauce: Mix arrowroot powder with 2 tablespoons of water, then stir into the sauce. Cook for another 2-3 minutes until slightly thickened (you may not need the whole mixture).
6. Coat or drizzle: Toss cooked chicken in the sauce or serve on the side for dipping.

Why This is Mission-Ready Fuel:

These high-protein, flavor-loaded chicken tenderloins are coated in anti-inflammatory spices and paired with a tangy, recovery-supporting sauce—crafted to fuel your mission from warm-up to cooldown.

- **Chicken Tenderloins:** Lean, high-quality protein to support muscle repair, strength, and satiety without weighing you down.
- **Olive Oil:** Heart-healthy fats that help reduce inflammation and sustain energy over long efforts.
- **Coriander, Ginger & Turmeric:** A spice squad with antioxidant and anti-inflammatory benefits to support post-training recovery.
- **Lime Juice:** Brightens the flavor profile and delivers Vitamin C to support immunity and tissue repair.
- **Chili Powder & optional Cayenne Pepper:** Boost circulation and metabolism—because even your taste buds should train hard.

This isn't just a protein hit—it's full-spectrum fuel for high-performance humans. #IronForce99Fuel #MaytheForkbewithYou #TacticalTenders

NOTES
