

# Baked Chicken Wings with Quinoa & Grilled Veggies and Apricot Yogurt Parfait

– 1,800 Calories –

## Nutrition Facts

Nutrient	Amount	Calories	Daily %
Proteins	~108g	357 kcal	20%
Fats	~109g	974 kcal	54%
Carbs	~124g	468 kcal	26%
Fibers	~22g		

Macronutrient Distribution



- Fat: 54%
- Carbs: 26%
- Protein: 20%

## Why This Meal?

This meal is designed with an ideal macro split to support satiety and sustained energy levels. The **baked chicken wings** provide excellent protein (around 100 grams), while the skin helps deliver healthy fats that keep you feeling full. Coupled with **quinoa** as a complex carbohydrate source, this meal ensures stable blood sugar levels and lasting energy.

The vibrant vegetables like **zucchini** and **bell peppers** contribute essential vitamins and fiber, enhancing overall nutritional value. The **Greek yogurt parfait** with fresh apricots is not only delightful but also loaded with probiotics and antioxidants, promoting gut health. This well-rounded meal is perfect for OMAD, as it merges taste, nutrition, and sustained fullness, making it easy to stick with your dietary goals.

## Main Course

### Ingredients

- 350g baked chicken wings – 612 kcal (protein & healthy fats)
- 2 tbsp olive oil (30ml) – 240 kcal (healthy fats)
- 1 tsp garlic powder – 6 kcal (flavor & immune boost)
- 1/2 tsp smoked paprika – 3 kcal (antioxidants)
- 1/2 tsp black pepper – 2 kcal (anti-inflammatory properties)
- 1/2 tsp sea salt – 0 kcal (electrolyte balance)
- 185g cooked quinoa – 222 kcal (complex carbs & protein)
- 100g roasted zucchini – 35 kcal (fiber & antioxidants)
- 100g roasted red bell pepper – 31 kcal (Vitamin A & C)
- 50g roasted red onion – 20 kcal (antioxidants)

### Preparation

- Preheat your oven to 200°C (400°F). Line a baking tray with parchment paper.
- Pat dry 350g of chicken wings and place them in a bowl. Drizzle with **2 tbsp olive oil**, **1 tsp garlic powder**, **1/2 tsp smoked paprika**, **1/2 tsp black pepper**, and **1/2 tsp sea salt**. **Mix well** to coat evenly.
- Bake** the wings in the oven for about 40-45 minutes or until golden brown and crispy, flipping halfway through.
- While the wings are baking, in a pot, cook **185g cooked quinoa** according to package instructions with 2 cups of water until fluffy.
- Prepare **roasted veggies** by chopping 100g zucchini and 100g red bell pepper. Toss with a splash of olive oil and season with a pinch of salt. Place them on the same tray as the wings during the last 15 minutes of baking.

## Side Dish

### Ingredients

- 75g cherry tomatoes – 15 kcal (vitamin C & fiber)
- 1 tbsp balsamic vinegar (15ml) – 14 kcal (flavor & antioxidants)
- 50g mixed leafy greens – 10 kcal (fiber & low-calorie nutrients)
- 100g avocado – 160 kcal (healthy fats)

### Preparation

- In a bowl, combine **75g cherry tomatoes**, **1 tbsp balsamic vinegar**, and **50g mixed leafy greens**. Toss gently to coat.
- Slice **100g avocado** and plate it alongside your tomato salad for a nutritional boost.
- Serve salad fresh to complement the warm, baked chicken wings and quinoa.

## Dessert

### Ingredients

- 200g low-fat Greek yogurt – 133 kcal (protein & probiotics)
- 100g fresh apricots (sliced) – 48 kcal (fiber & vitamins)
- 1 tbsp honey (15g) – 64 kcal (natural sweetener)
- 30g chopped walnuts – 196 kcal (healthy fats)

### Preparation

- In a bowl, add **200g low-fat Greek yogurt** and layer in the **100g sliced fresh apricots** on top.
- Drizzle with **1 tbsp honey** for sweetness.
- Sprinkle with **30g chopped walnuts** to add a delightful crunch and healthy fats.
- Chill for a few minutes before serving for a refreshing dessert.