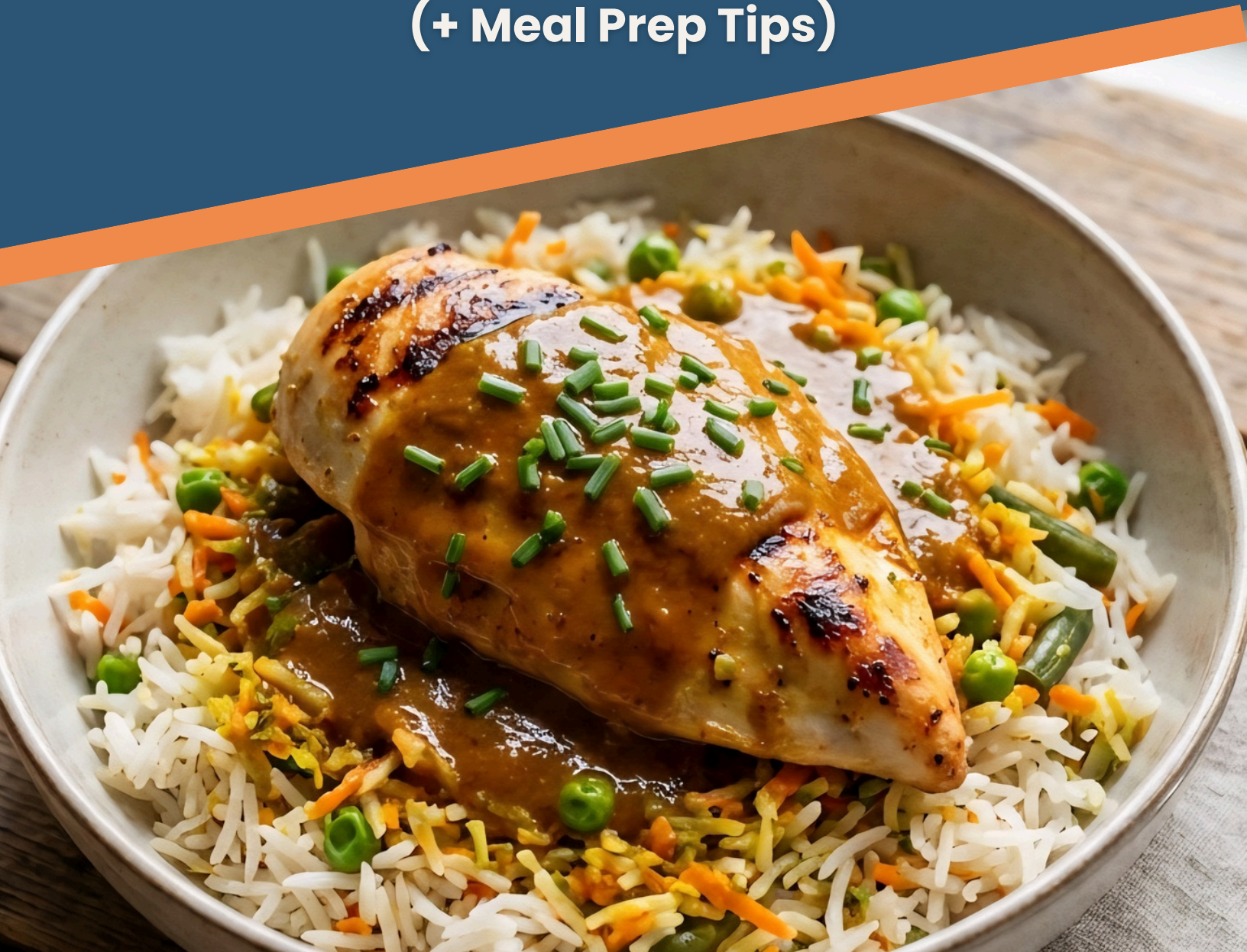


CHICKEN BREAST

Cheat Sheet

**3 No-Fail Methods for Juicy,
Flavorful Chicken
(+ Meal Prep Tips)**



STRENGTH
FITNESS

WELCOME



Chicken breast has a reputation, and let's be honest: it's not a great one!

It's often seen as "the healthy choice"... but also dry, boring, and something you eat because you feel like you should (instead of because you want to!).

The problem isn't chicken breast....
The REAL problem is how it's cooked!

I'll show you three simple, reliable cooking methods that turn chicken breast into something you actually look forward to eating: juicy, tender, and full of flavor, without complicated recipes or fancy techniques!

If chicken breast is a staple in your kitchen (like it is in mine!), this cheat sheet will help you make it one of your favorites.



Jeff Tomaszewski

Chief Life Transformer

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THE 3 RULES OF JUICY CHICKEN BREASTS



Keep these in mind, and every cooking method will work better.

1

Even thickness matters

Chicken breasts cook unevenly when one end is much thicker than the other. Even thickness = even cooking.

2

Temperature beats time

Chicken breast dries out FAST when it's overcooked. Pulling it at the right temperature makes all the difference.

3

Resting is not optional

Letting chicken rest before slicing allows the juices to redistribute instead of spilling out.



02

PREPARING CHICKEN FOR TENDER, JUICY RESULTS



Pounding chicken helps it cook evenly, but it's easy to overdo it.

Here's how to do it without making a mess:

- 1 Place the chicken breast between two pieces of parchment paper, plastic wrap, or inside a zip-top bag.
- 2 Use the bottom of a jar, glass, rolling pin, or small pan.
- 3 Start in the thickest part and gently pound outward.
- 4 Aim for an even thickness throughout, about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick.
- 5 Remember: You're flattening, not smashing and shredding. Gentle, even pressure works best.

Why this matters:

Even thickness prevents dry edges and undercooked centers, no matter which cooking method you use.

Method

1

WALK-AWAY CHICKEN

The No-Fail Covered-Pan Method



This is one of the most reliable ways to make juicy chicken breasts, especially if you've overcooked them in the past.

Why this works:

A quick start on the stove sets the outside, then gentle heat & trapped steam finishes cooking the chicken without drying it out.

How to Do It

- 1 Pound chicken breasts to an even thickness using the bottom of a jar, glass, or small pan.
- 2 Lightly season both sides with salt and black pepper.
- 3 Heat a skillet large enough to fit the chicken in one layer over medium-high heat.
- 4 Add just enough olive oil or butter (1-2 tsp) to coat the pan, and swirl it around to evenly distribute it.
- 5 Lower the heat to medium and add the chicken. Cook undisturbed for 1 minute.

6

Flip the chicken, reduce heat to low, and cover with a tight-fitting lid.

7

Set a timer for 10 minutes. Do not lift the lid (and do not peek!)

8

After 10 minutes, turn off the heat (if you have an electric stove, remove the pan from the burner). Leave covered for another 10 minutes.

9

Uncover and check that the internal temperature has reached 165°F / 74°C.

10

Rest 2-3 minutes, then slice.



Flavor tip: finish with lemon juice, herbs, or a quick sauce after cooking



Method

2

HIGH-HEAT SHEET PAN CHICKEN

(Hands-Off & Great for Meal Prep)

This method is perfect when you want to cook several portions at once with minimal effort.

Why this works:

High heat cooks the chicken quickly, reducing moisture loss. Even thickness prevents dry edges.

How to Do It

- 1 Preheat your oven to 425°F / 220°C.
- 2 Lightly coat pounded chicken breast with 1-2 tsp of olive oil and season as desired.
- 3 Arrange on a lined sheet pan, leaving space between pieces.
- 4 Roast 25-30 minutes, depending on thickness.
- 5 Remove chicken when internal temperature reaches 165°F / 74°C.

6

Rest 5 minutes, then slice or use as desired.



Best for: batch cooking, pairing with roasted veggies, hands-off cooking



THE QUICK BRINE + SEAR (EXTRA JUICY)

If you have a little extra time, this method produces exceptionally juicy chicken.

Why this works:

A brief saltwater soak changes the protein structure so the meat holds onto moisture during cooking.

How to Do It

- 1 Dissolve 2 Tbsp kosher salt in 4 cups of water
- 2 Submerge pounded chicken breasts and brine for 30–60 minutes in the refrigerator.
- 3 Remove, rinse lightly, and pat very dry.
- 4 Sear in a hot pan with 1-2 tsp oil for 3–4 minutes per side until golden brown.
- 5 Lower the heat to medium-low & continue cooking for 5 to 8 mins, flipping once, until internal temperature reaches 165°F / 74°C.

6

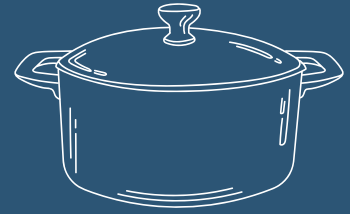
Rest 5 minutes, then slice.



Best for: when you want very juicy chicken breasts with a golden crust.



EASY WAYS TO USE CHICKEN FOR MEAL PREP



Once you've cooked juicy chicken, dinner (and lunches) get much easier.

Slice it For:

- Big salads
- Grain bowls
- Wraps or sandwiches

Shred it For:

- Tacos or fajitas
- Lettuce cups
- Quick soups

Cube it For:

- Stir-fries
- Pasta dishes
- Sheet pan veggie combos

Flavor boosters (add after cooking):

- Lemon + olive oil + herbs
- BBQ or hot sauce
- Salsa or pico de gallo
- Tzatziki or yogurt-based sauces
- Teriyaki or sesame dressing

One batch of chicken = multiple meals with different flavors.



TASTY, HEALTHY FOODS ARE JUST ONE PART OF THE EQUATION

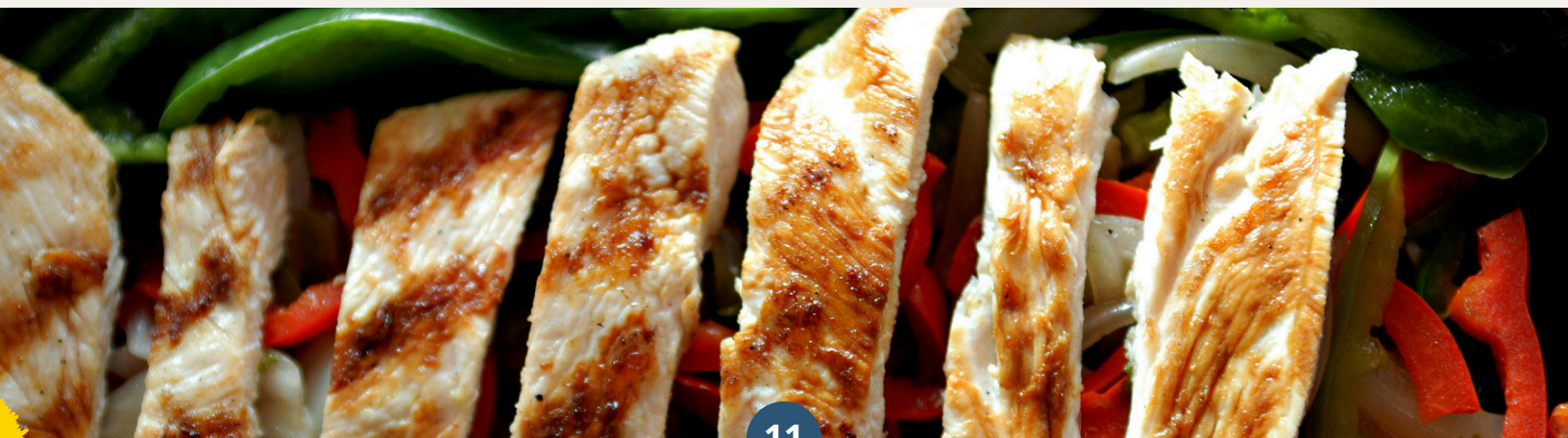
Even the most delicious, nutritious meals will only take you so far on their own.

Lasting results come from putting it all together: what you eat, how you move, if you strength training, and the daily habits that keep you consistent when life gets busy.

That's exactly what we focus on at MaxStrength Fitness:

- ✓ Build and maintain strength with personalized, trainer-led workouts designed around your body, your abilities, and your goals.
- ✓ Get hours back in your day with an efficient strength training program that requires just 20 minutes, twice a week.
- ✓ Create simple, sustainable habits that make taking care of your health easier to maintain without adding more overwhelm to your life

Because taking care of your health shouldn't consume your life. It should help you build the strength, energy, and confidence to go out and live it.



Here's what some of our CLIENTS ARE SAYING...

Becky Cline

"This is the best experience I have ever had working out. Every trainer is excellent and professional. They offer encouragement while striving to make me do my best. I have been coming 2x a week for about 2 months and I am seeing measurable improvement in my stamina, strength and balance. My joints have not felt this good in years. Best of all it is only 20 minutes! This workout is something I can stick with long term."

Anastasia C.

"Great gym with knowledgeable, supportive personal trainers and a distraction-free (and literally cool!) vibe. The 20-minute workouts twice a week fit perfectly into this busy mom's schedule, and the cool 67° training room makes working out so much more comfortable. The workouts are personalized, efficient, and the right amount of challenging. I had a great experience and would definitely recommend MaxStrength Fitness!"

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Ready to take Your NEXT STEP?

At MaxStrength Fitness we believe that everyone deserves to be healthy, fit and strong in only minutes a week.

Take your health and wellness outside of only the kitchen and truly transform your life in only minutes a week!

If you're looking for a better way to live, we want to invite you to experience the MaxStrength Fitness difference.

Ways to Work With Us:

1:1 PERSONAL TRAINING

With more energy, improved health, and less stress you are able to enjoy all the activities you love.

Click below to learn more about our personal training and schedule a consultation at a location near you:

[LEARN MORE HERE](#)

KIM MAGER

"MaxStrength Fitness is absolutely amazing! . They truly care about your progress and make sure every session counts. I love that the workouts are focused and efficient – no distractions, no wasted time – just a great atmosphere to get in, get your workout done, and feel accomplished in only 20 minutes! I can't recommend this place enough."



We'd love to be part of your fitness/wellness journey.

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