

CHICKEN BREAST

Cheat Sheet

**3 NO-FAIL METHODS FOR JUICY,
FLAVORFUL CHICKEN
(+ MEAL PREP TIPS)**



[LINKTR.EE/IRONSTRONG](https://linktr.ee/ironstrong)

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.



Kate Wheeler

IRONSTRONGCOACHING@GMAIL.COM

LINKTR.EE/IRONSTRONG

@IRONWHEELSK8

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



Method 3

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

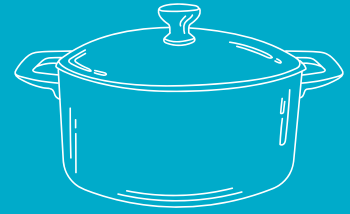
Rest 5 minutes, then slice.



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, and the daily habits that keep you consistent when life gets busy.

That's exactly what we focus on inside **IronStrong Collective**:

Building the skills, structure, and support you need to make healthy living feel doable for real life. Together, we'll:

- ✓ Design meals that are satisfying, simple, and built around your goals.
- ✓ Build a workout plan that fits your schedule and your lifestyle.
- ✓ Create daily habits that keep you consistent without burning you out.



Here's what some of my **CLIENTS ARE SAYING...**

Thanks! I have REALLY LOVED your app and workouts!! It has held me accountable and been exactly what I needed! And I am going to continue!

4:36 pm

Thanks Kate and thanks for all you do. You've been such a positive influence on my fitness journey and I don't tell you enough.

I love how fast I can run these days. Thanks for making me strong

You really are an amazing trainer. I am more tone than I have ever been. Thank You

I may forget to log all my water and my steps, but I know I'm getting both. My husband had back surgery 2 weeks ago so we've been walking a few times a day to progress his recovery. I've also noticed consciously making better food choices. I'm grateful for this app and your coaching!! ❤️

Thanks for being there to give me a tool I can use wherever I am and at whatever time I can work out!

Ready to take Your NEXT STEP?

My mission is to help women become stronger
from the inside out—

building healthy habits, confidence, resilience,
and a body that allows them to say "yes" to every
opportunity God places before them. Because
when you feel strong physically, mentally, and
spiritually, you show up differently for your family,
your work, and your calling. I'd be honored to walk
alongside you on that journey.

WAYS TO WORK WITH ME

IRONSTRONG COLLECTIVE

Your all-in-one coaching community with
strength workouts, nutrition guidance, meal plans,
accountability, and a community of women
becoming stronger together.

BECOME IRONSTRONG

OPTIMIZE YOUR WELLNESS

The wellness tools I personally use to support
recovery, energy, hydration, sleep, and healthy aging
alongside a strong nutrition and fitness foundation.

LEARN MORE HERE



Kate Wheeler

IRONSTRONGCOACHING@GMAIL.COM
LINKTR.EE/IRONSTRONG
@IRONWHEELSK8



KAREN

"So grateful for your workouts!!! We hiked up the mountain at the far end of the lake and then came down the face of that rock!!! Overcame old fears with new agility & strength!"

