



## Easy Pizza Stuffed Peppers

### Ingredients

- 4 large green peppers
- 1 lb 93% lean ground beef
- ¾ cup pizza sauce of choice (I use classico brand!)
- 8 thin slices of mozzarella or provolone cheese
- 16 slices turkey pepperoni
- Garlic salt and pepper to taste

### Directions

1. Preheat oven to 375 degrees
2. Slice peppers in half and remove the core and seeds
3. Place on sprayed baking sheet and cook for 10 minutes
4. While peppers are baking spray a pan with non stick spray, add lean ground beef and seasoning and begin to cook through
5. Once there is no more pink drain off excess fat and set aside
6. Stir pizza sauce into ground beef and make sure it is coated
7. Divide the ground beef mixture equally among the pepper halves
8. Cover each pepper half with a slice of cheese and 2 turkey pepperoni
9. Bake at 375 for 14-17 minutes or until cheese is melted and slightly browned
10. Serve with a side of rice or fresh salad!

**Macros per 2 pepper halves 171 calories 8.5 fat 17.5 protein 6.5 carb 1 fiber**

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## Protein Oreo Ice Cream!

### Ingredients

- 275 grams ice
- 75 grams unsweetened vanilla almond milk
- 80 grams nonfat plain greek yogurt
- 1 teaspoon vanilla extract
- Sea salt to taste
- 3 grams xanthan gum
- 3 grams zero calorie sweetener
- 4 grams sugar free white chocolate pudding mix
- 20 grams level-1 vanilla protein powder
- 3 oreo thins crushed

### Directions

1. Add ice to blender and blend for 1 minute to break up ice
2. Next add almond milk, greek yogurt, vanilla extract and sea salt then blend for 1 minute
3. Next add protein powder, pudding mix, xanthan gum, zero calorie sweetener
4. Blend for 1 minute, scrap sides and mix then blend additional 1-2 minutes
5. Before removing from blender add crushed oreo thins and fold in
6. Serve in a large glass with spoon or in a bowl with a little whip on top!

**Macros 310 calories 8 fat 29 carbs 29 protein 1 fiber**