



Apple Pie Protein Balls

Ingredients

- 3 tablespoons quick oats
- 1 scoop vanilla protein powder (I used Level-1 by 1st phorm vanilla ice cream)
- 1/3 cup peanut butter
- 1/4 cup honey
- 1/2 teaspoon apple pie spice
- 1 small apple diced
- Optional caramel drizzle sauce on top

Directions

1. Add all ingredients to a mixing bowl and stir until completely combined then form into 10 equal protein balls

Macros per protein ball 87 calories 5 fat 7 carb 5 protein 1 fiber



Crockpot White Chicken Chili

Ingredients

- 1 entire cabbage chopped up
- 1/2 can tomato paste
- 1 15 oz can crushed tomatoes
- 1 15 oz can diced tomatoes
- 1.5 lbs cooked lean ground beef
- 1 tablespoon worcheshire sauce
- Salt and pepper to taste
- 1 32 oz container chicken broth
- 1 tablespoon onion powder
- 1 tablespoon garlic powder

Directions

1. Combine all ingredients in crock pot and stir until completely mixed together. It may look dry but as the cabbage cooks down it will add more liquid. If needed after 4 hours you can add some water
2. Cook on low 6-8 hours. Serve with sprinkle parmesan cheese on top!