



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD



Unstuffed Bell Pepper Soup

Ingredients

- ½ tablespoon olive oil
- 2 green peppers core removed and diced
- 1 red pepper core removed and diced
- 1 cup diced yellow onion
- 3 cloves garlic minced or 3 tablespoons already minced garlic
- 2 lbs 93% lean ground beef
- 3 tablespoons tomato paste
- Pepper and salt to taste
- ½ teaspoon crushed red pepper flakes
- 1 15 oz can fire roasted diced tomatoes
- 1 15 oz can tomato sauce
- 4 cups low sodium beef broth
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

Directions

1. In a large pot heat olive oil over medium high heat and add onion, bell peppers and garlic. Cook until tender
2. Add ground beef and cook until no longer pink. Drain off excess fat and put it back into the pot.
3. Add tomato paste, salt, pepper and red pepper flakes and stir until combined. Pour in the diced tomatoes, tomato sauce, beef broth, oregano and basil. Bring soup to a simmer.
4. Reduce heat and simmer covered for 15 minutes.
5. When serving garnish with cheese and greek yogurt or sour cream! Can also serve over rice!

Makes around 8 1.25 cup servings

Macros per serving 263 calories 11 fat 5 carbs 35 protein



Pumpkin Protein Muffins

Ingredients

- 2 ripe bananas (around 251 grams)
- 2 Scoops 1st phorm level-1 ice cream sandwich or pumpkin spice protein
- 1 cup pumpkin
- 1 cup kodiak cakes waffle mix
- 2 whole eggs
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1 tsp salt
- ¼ tablespoon melted butter
- Lots of pumpkin pie spice and cinnamon
- Stevia to taste

Directions

1. Combine all ingredients until smooth then transfer to sprayed muffin tin or lined muffin tin
2. Bake for 20 minutes or until toothpick comes out clean in a preheated 350 degree oven

Recipe will make 12-14 muffins

Approximate macros per serving: 101 calories 3 fat 10 carb 8 protein