



## Chocolate Chip Baked Protein Oats

### Ingredients

- 50 grams oats
- ½ banana
- 1 scoop level-1 vanilla protein powder
- 1 egg
- 100 mL almond milk (or milk of choice)
- ¼ teaspoon baking powder
- 1 tablespoon mini chocolate chips

### Directions

1. Pre-heat oven to 350
2. Add all ingredients to blender (except chocolate chips)
3. Blend for 25 seconds until it is smooth
4. Pour into a lightly sprayed 8 oz ramekin or baking dish
5. Sprinkle chocolate chips on top
6. Bake for approximately 20 minutes or until lightly golden
7. Remove from the oven and enjoy!

**Macros 16 fat 64 carbs 38 protein 9 fiber**

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## Crockpot Tuscan Chicken

### Ingredients

- 2 lbs boneless skinless chicken breast cut into chunks
- ½ a packet of italian dressing seasoning
- 1 cup chicken broth
- 1 jar Classico Alfredo Sauce (or alfredo sauce of choice)
- ⅓ cup sundried tomatoes
- ½ cup italian blend cheese
- ¼ cup parmesan cheese
- 1 cup fresh spinach

### Directions

1. Spray inside of crockpot with non stick spray
2. Place cut chicken breasts in bottom and add italian seasoning on top
3. Next add the chicken broth, alfredo, sundried tomatoes and cheese
4. Crock pot on high 3-4 hours until chicken is cooked through
5. Add spinach , stir everything together and cook 5 more minutes covered

Serve on top of your favorite pasta or spaghetti squash!

**Makes 7 servings Macros per serving (without pasta) 298 calories 13 fat 8 carb 37 protein 1 fiber**