



# LINDSEY *Mitchler*

## FITNESS

BUILD STRENGTH X MOVE FORWARD

### High Protein Taco Pasta Salad

Makes 5 equal portions Macros per serving 337 calories 8 fat 42 carbs 31 protein 7 fiber

#### Ingredients

- 1 box (8 oz) cooked eat banza rotini pasta or pasta of choice
- 12 oz of cooked taco seasoned lean ground beef or shredded chicken
- ¾ cup red onion
- ¾ cup black beans (rinsed and drained)
- 1 cup cherry tomato
- 1 cup diced sweet peppers
- 1 cup corn

#### For sauce

- 1 cup 0% Fage non fat greek yogurt
- ½ packet hidden valley ranch mix
- Paprika to taste
- Juice of 1 lime

#### Directions

- Combine all ingredients minus the sauce
  - Mix sauce , add to pasta mixture and combine throughly
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### Banana Protein Mug Cake

#### Ingredients

- ½ cup oats
- 1 serving level-1 vanilla ice cream protein powder
- ½ banana
- 1 tablespoon maple syrup
- ¼ tsp baking soda
- ⅓ cup milk of choice
- ¼ tsp cinnamon
- Pinch of salt
- 1 tablespoon lily choc chips

#### Directions

- Add all ingredients to blender except choc chips
- Blend until smooth around 20 seconds
- Spray a microwavablemicrowaveable safe bowl or ramekin then transfer the mixture to and top with choc chips
- Microwave 1 minute , allow rest a few seconds then an additional 45 seconds