



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Higher Protein Cookie Dough Bars

This was inspired by another creator and I knew I had to make a spin of it!

Ingredients

- 2 cups oats blended into flour
- 2 scoops Level-1 Vanilla Ice Cream Protein Powder
- ¼ cup peanut butter
- ¼ cup maple syrup
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- ½ cup milk of choice
- 2 tablespoons chocolate chips (I used Lily's brand)

Topping

- ½ cup chocolate chips
- 1 teaspoon coconut oil

Directions

1. Blend oats into a fine flour and then add protein powder, peanut butter, maple syrup, vanilla and salt then mix well
2. Add a splash of milk at a time and mix until a thick dough forms
3. Fold in 2 tablespoons chocolate chips then press into a container lined with parchment paper and place in fridge for 10 minutes
4. Microwave additional chocolate chips with coconut oil until melted, remove bars from fridge and pour on top and smooth over
5. Place back in fridge until chocolate hardens then cut into 10 equal sized squares. Make sure to store in air tight container in fridge.

Makes 10 servings: Macros per serving: 191 calories, 7 fat, 25 carbs, 11 protein, 5 fiber



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High Protein Crock Pot Chicken Pot Pie

Ingredients

- 2 pounds boneless skinless chicken breast
- 1 cup onion chopped
- 1 cup carrots chopped
- 2 cans condensed cream of chicken soup
- 10 oz low fat milk or milk of choice
- 3 teaspoons garlic powder
- 1 teaspoon celery salt
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 16 oz bag frozen mixed vegetables
- 1 packet of biscuits canned

Directions

1. Spray crock pot with non stick spray
2. Place chicken in the crock pot and then place on top onions, carrots and celery
3. In a medium bowl whisk together chicken soup, milk, garlic powder, salt, celery salt and pepper. Pour soup mixture over chicken and veggies and stir to coat.
4. Cook on low for 5.5 hours.
5. Stir in frozen mixed vegetables and then cook 1 more hour
6. Serve with 1 biscuit on top!

Makes 6 servings: Macros Per serving without biscuit - 406 Calories, 51 grams protein, 21 carb, 12 fat, 4 fiber