



# LINDSEY Mutchler

## FITNESS

BUILD STRENGTH X MOVE FORWARD



### Calorie Friendly No Bake Oreo Pie

#### Ingredients

- 1 Pre made oreo crust
- 1 container no sugar added cool whip
- 1 package reduced fat cream cheese
- 2.5 scoops level-1 ice cream sandwich protein powder (red velvet is also amazing in this)
- 6 thin oreos (4 crumbled inside mixture, 2 crumbled on top)

#### Directions

1. Let cool whip and cream cheese rest on the counter to soften.
2. Add cool whip and cream cheese to bowl and stir until evenly blended.
3. Add 2.5 scoops Level-1 protein powder and mix thoroughly.
4. Next crush 4 oreos and stir into batter.
5. Add the mixture to the crust, spread evenly then top with the other 2 oreos crushed.
6. Let sit in the fridge overnight or for at least 5 hours before serving.

Makes 8 servings. Macros per 1 serving 286 calories 15 fat 29 carbs 10 protein 1 fiber

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### Low Carb High Protein Pizza Crust!

#### Ingredients

- For the crust
- 10 oz canned chicken drained
- 1 oz Parmesan cheese
- 1 whole egg
- Garlic salt and pepper to taste

#### • Toppings for pizza

- You can choose any toppings that are your favorite!
- You will need pizza sauce and mozzarella cheese as your base.
- I choose reduced fat mozzarella cheese and like the Classico brand pizza sauce. Then add chopped peppers and turkey pepperoni but the possibilities are endless!

#### Directions:

1. To make crust
2. Thoroughly drain the canned chicken to get as much moisture out as possible. Spread chicken on a baking sheet lined with silicone mat (can be found on amazon!) and bake at 350 for 10 minutes to dry out the chicken
3. Once the chicken is done, remove and add to the mixing bowl with egg, parmesan, garlic salt, pepper and combine.
4. Turn the oven to 500 degrees.
5. Place mixture onto baking sheet and spread thin making into a round pizza crust shape.
6. Bake for 8-10 minutes. Remove and add desired toppings then place back in the oven until the cheese is melted around 6-10 minutes.
7. Remove and let cool slightly before enjoying!

Macros for pizza crust 16 fat 2 carb 64 protein

Note: full macros will depend on how you top your pizza