



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Low Carb Calorie Friendly Shrimp Alfredo

Ingredients

- 1 can of angel hair palmini noodles (amount depends on how many you are cooking for)
- ½ lb of frozen , detailed , deveined shrimp and put them in the fridge overnight to thaw completely
- 1 jar Classico Alfredo Sauce (primal kitchen alfredo sauce is a good option too)
- 0.5 tablespoon olive oil
- 30 grams cup frozen peas
- Garlic salt and paprika to taste
- Parmesan cheese for topping

Directions

1. Drain and rinse palmini noodles very well. Set aside to allow them to dry and pat dry gently with a paper towel to remove excess water. Directions are also on the can but this is my process I do.
2. Add 0.5 tablespoon olive oil to medium high heat pan. Add shrimp and lightly season with garlic salt and paprika. Cook until they are cooked through and turned red/pink in color. Remove from pan and set aside.
3. Boil or microwave peas as directed by package or until soft
4. To assemble per serving
5. Add 2 servings of palmini and add 2 servings of classico alfredo sauce, 30 grams peas. Stir and mix until heated
6. Place on plate, add cooked shrimp on top and top with desired amount of parmesan cheese

Strawberry Cheesecake Froyo Sandwiches

Ingredients

- 4 low fat cinnamon graham crackers
- 1 cup plain fat free greek yogurt
- 2 tablespoons Stevia
- 56 grams chopped strawberries
- 1 serving Jello sugar free fat free cheesecake pudding mix

Directions

1. Cut graham crackers in half
2. Whisk together yogurt, pudding mix and stevia
3. Fold in strawberries
4. Evenly distribute the yogurt mixture on all crackers
5. Put two crackers together and smooth out yogurt with the back of a spoon or rubber spatula
6. Freeze for 1-2 hours. Once frozen you can put in fridge for 15 minutes to thaw or leave on counter 10 minutes and enjoy!