



# LINDSEY Mutchler

## FITNESS

BUILD STRENGTH X MOVE FORWARD



### Calorie Friendly Chicken Broccoli Casserole

#### Ingredients

- 4 cooked skinless boneless chicken breast shredded or cubed
- 3 cups broccoli florets
- 3 tablespoons butter
- 1 yellow onion diced
- 5 garlic cloves minced
- 2 carrots diced and peeled
- 1.5 cups greek yogurt
- 2 cups reduced fat shredded cheddar cheese
- 1 tablespoon dried dill
- 1 tablespoon dried onion flakes
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 1 cup cooked white rice

#### Directions

1. Pre heat oven to 375. Spray with non stick spray a 9x13 casserole dish
  2. Steam broccoli on stove or in microwave and set aside
  3. Add butter to saucepan and turn to medium high heat. Add onion , garlic and carrots cooking until slightly soft around 5-8 minutes
  4. In large mixing bowl add all ingredients including onion-carrot mixture and stir until full combined minus ½ cup of cheese(this will sprinkle on top)
  5. Sprinkle remaining cheese on top and bake at 375 for 40-50 minutes or until cheese is golden brown. Wait 5 minutes before serving.
- 



### Protein Rice Krispy Treats

**I am not the original creator of this recipe but I made my own tweaks to it and it turned out amazing I had to share it!**

#### Ingredients

- 3.5 tablespoons light butter
- 100 grams marshmallows
- 2 scoops Level-1 Vanilla Ice cream Protein Powder
- 90 grams Rice Krispies
- 1 tablespoon lilly's baking chips as topping

#### Directions:

1. Melt down butter with marshmallows on stove over medium heat
2. After those are melted, add 2 scoops of Level-1 protein powder and continue stirring. It will get relatively thick.
3. Next add in rice krispies and stir until completely combined
4. Transfer to the pan and press down. Sprinkle chocolate chips on top.
5. Remove from the pan and cut into 8 servings. Store in an airtight container.