



LINDSEY *Mitchler*

FITNESS

BUILD STRENGTH X MOVE FORWARD

The easiest and most delicious Crock Pot Roast Beef

Ingredients

- 2.5 lb chuck roast
- 1 packet hidden valley ranch seasoning
- 1 packet italian dressing seasoning
- 1 packet low sodium brown gravy seasoning
- ½ cup water

Directions

1. Spray inside of crock pot with non stick cooking spray
2. Place chuck roast inside
3. Take all seasoning packets and combine in a bowl
4. Add ½ cup water and mix completely
5. Pour on top of chuck roast
6. Cover and cook on high 4-6 hours. You will know it is done when it breaks apart easily with a fork

Healthier Twice baked potatoes

Ingredients

- 4 large baking potatoes
- 8 slices turkey bacon
- 1 cup 0% fage non fat yogurt
- ½ cup non fat milk (can use oat or almond as well)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup reduced fat shredded cheddar cheese
- 4 green onions sliced

1. Preheat oven to 350 degrees
2. Bake potatoes in preheated oven until easily pierced with a fork (about 1 hour). Remove from oven and allow to cool for 10 minutes but leave oven on.
3. Cook bacon in a large deep skillet over medium-high heat until evenly browned. Drain, crumble and set aside.
4. Slice potatoes in half length wise and scoop flesh into a large bowl, SAVE skins. Mix in greek yogurt, milk, salt, pepper, ½ cup reduced fat cheddar cheese and ½ green onions. Blend with a hand mixer until creamy.
5. Spoon potatoe mixture into potato skins. Top with remaining ½ cup reduced fat cheddar cheese, green onions and bacon.
6. Bake in oven until filling is hot and cheese is melted. Around 15 minutes.