



LINDSEY *Mitchler*

FITNESS

BUILD STRENGTH X MOVE FORWARD

Breakfast Casserole

Ingredients:

1lb uncooked turkey sausage
2 bell peppers diced
1 cup sliced mushrooms
1 cup fresh spinach
½ medium yellow onion diced
1 teaspoon minced garlic
220 grams egg whites
16 oz hash browns
½ cup oat milk (or milk of choice)
140 grams reduced cheddar cheese

Directions

Preheat oven to 375

Spray large skillet with non stick cooking spray and brown turkey sausage. Once browned place in sprayed baking dish

Add ½ tablespoon olive or avocado oil to pan and add bell peppers, onion, garlic, spinach, mushrooms and cook down around 6-8 minutes on medium high heat. Once done add to baking dish.

In separate bowl whisk eggs, egg whites and seasoning together then add to baking dish.

Add hashbrowns to pan, slightly brown before adding to baking dish.

Stir mixture completely, add cheese then mix again.

Bake uncovered for about 40-45 minutes or until center comes out clean with toothpick. Allow to sit 10 minutes before cutting into pieces.

Excellent all week long when just reheated on stove or in microwave!

Guilt Free Blueberry Muffins

Ingredients:

75 grams 1st Phorm Level-1 Blueberry Muffin (Can use Ice cream sandwich of vanilla ice cream as well)
32 grams coconut flour
8 grams stevia
8 grams baking powder
60 grams blueberries
120 grams pure pumpkin
130 grams unsweetened apple sauce
185 grams liquid egg whites
5 grams vanilla extract

- Pre heat oven to 350 degrees
- In one bowl combine and mix: 75 grams 1st Phorm Level-1 Blueberry Muffin (Can use Ice cream sandwich of vanilla ice cream as well), 32 grams coconut flour, 8 grams stevia, 8 grams baking powder, 60 grams blueberries
- In a separate larger bowl combine and mix the following: 120 grams pure pumpkin, 130 grams unsweetened apple sauce, 185 grams liquid egg whites, 5 grams vanilla extract
- When everything is mixed slowly add the dry ingredients to wet and mix thoroughly
- Spray 8 muffin tins with non stick cooking spray and add the batter
- Cook 12-15 minutes. When the tops are browned you will know it is time to take them out.
- Remove from oven and let sit 5 minutes before moving to cooling rack for additional 20 minutes.

During this time muffins will cook through

Macros per muffin 110 calories 2 fat 11 protein 12 carbs