



# LINDSEY Mutchler

## FITNESS

BUILD STRENGTH X MOVE FORWARD

### Mini Lemon Cheesecake

#### Ingredients

- 8 oz  $\frac{1}{3}$  less fat cream cheese softened
- 1 tablespoon vanilla protein powder
- $\frac{1}{4}$  cup sugar
- 1 teaspoon vanilla
- 6.5 oz two good vanilla greek yogurt
- 2 large egg whites
- 3 tablespoons lemon juice
- 1 tablespoon lemon zest
- 24 raspberries

#### Directions

1. Preheat oven to 350 degrees F
2. Line cupcake tin with liners and place 1 vanilla wafer at the bottom of each liner
3. Combine in a bowl cream cheese, sugar and vanilla and mix until smooth using an electric mixer.
4. Slowly beat in greek yogurt, egg whites, lemon juice, lemon zest and protein powder. Do not over mix.
5. Pour into cupcake liners filling only half way. You should have enough to make exactly 12.
6. Bake for 25 minutes or until the center is almost cooked completely through.
7. Cool to room temperature then chill in the fridge for 3-4 hours.
8. Top with raspberries and enjoy!

### Healthy Chicken Salad

#### Ingredients (Makes approximately 4 servings)

- 1 lb cooked chicken (Can use canned or rotisserie to save time)
- $\frac{3}{4}$  cup celery diced
- $\frac{1}{4}$  cup finely chopped red onion
- $\frac{1}{4}$  cup dried cranberries
- $\frac{1}{2}$  cup 0% plain greek yogurt
- $\frac{1}{4}$  cup light mayo
- 2 tsp dijon mustard
- 1 tsp white wine vinegar
- $\frac{1}{2}$  tsp salt
- Pepper to taste

#### Directions:

1. Combine all ingredients and mix well. Store in the fridge for a minimum 2 hours before serving.

Can be served on top of salad, in a wrap, as a sandwich, with fresh veggies and more! Perfect for a cool, summer lunch!