



LINDSEY *Mitchler*

FITNESS

BUILD STRENGTH X MOVE FORWARD



Healthier Pumpkin Bread

Ingredients

- 1/3 cup melted coconut oil
- 1/2 cup maple syrup
- 2 whole eggs
- 1 cup pumpkin puree
- 1/4 cup unsweetened vanilla almond milk
- 1.5 teaspoons pumpkin spice seasoning
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 3/4 cup oat flour or white whole wheat flour
- Ground cinnamon sprinkled on top

Directions

1. Preheat oven to 325 degrees and spray a 9x5 inch loaf pan with non stick spray
2. In a large mixing bowl stir together oil and honey with a whisk until blended. If your coconut oil is solid let sit on top of oven while heating to have it melt down.
3. Add pumpkin puree, milk, pumpkin spice, baking soda, vanilla and salt. Whisk to blend. Add in flour and use a spoon to stir until just combined. Do not over mix.
4. Pour the batter into sprayed loaf pan and sprinkle lightly with pumpkin spice seasoning or cinnamon.
5. Bake for 55-60 minutes or until a toothpick inserted into the center comes out clean. Let the bread cool for 10 minutes in the pan before transferring to a cooling rack to cool before slicing.

8 Servings Macros per 1/8 serving 11 fat 21 carb 3 protein



Chicken Caesar Wrap

Ingredients

- 1 cup diced onion
- 1 red bell pepper diced
- 2 cloves garlic minced (time saver use to spoonfuls of already minced garlic in jar)
- 1 tablespoon worcestershire sauce
- 1/2 cup low sodium chicken broth
- 2 lbs lean ground turkey
- 1/2 cup liquid egg whites
- 3/4 cup bread crumbs
- 1 teaspoon ground cumin
- 1 teaspoon ground chipotle pepper
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon salt

Directions:

1. Preheat oven to 375 and spray 12 cup muffin tin with cooking spray
2. Heat a pan over medium heat and add onion, bell pepper and garlic. Season with salt and pepper and cook until raw edge is off of the veggies.
3. Stir in worcestershire sauce and chicken broth for 5 minutes until the veggies are tender. Remove from heat and let it cool slightly.
4. In a large mixing bowl combine ground turkey, egg whites, bread crumbs and seasoning.
5. Add in cooked veggie mixture and mix together until everything is even. I recommend wearing latex gloves that will make it much easier and you will waste less meat getting stuck on your hands.
6. Roll into 12 even balls and place in muffin tin.
7. Bake 25-30 minutes or until cooked through. These are incredible for meal prep and can be served with many different sides!