



# LINDSEY Mitchler

## FITNESS

BUILD STRENGTH X MOVE FORWARD

### **Guilt Free Banana Bread**

#### Ingredients

- 2 scoops Level-1 (preferably Cinnamon Cookie Batter. Vanilla or Chocolate Banana)
- 3 ripe bananas
- 1 egg
- 1 tbsp vanilla extract
- 3 tbsp brown sugar
- 3 tbsp granulated sugar or sugar substitute
- 1 1/2 cups old fashioned oats - blended
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 3 tbsp melted butter

1. Preheat oven to 350 and prep loaf pan with cooking spray.
2. Mash bananas in large mixing bowl. Stir in egg, vanilla, and sugars. Blend oats to make a flour. Mix oat flour, level-1, baking powder, baking soda, and salt in separate bowl.
3. Add dry ingredients to wet ingredients and mix until combined - don't over mix! Before mixture is fully combined, add in melted butter.
4. Pour into loaf pan and bake for 30-40min or until knife comes out clean.

Macros Per serving (if sliced into 9 slices)

181 cal, 8 protein, 25 carb, 6 fat

### **One pan Spring BBQ Chicken Dinner**

#### Ingredients

- 1.5 pounds boneless, skinless chicken
- 1/2 cup sugar free bbq sauce
- 1/4 cup pineapple juice
- 1.5 cups broccoli florets
- 1 sliced red pepper
- 1 small pineapple cut into rings
- 1/4 cup olive oil
- Salt and pepper to taste
- Juice of 1 lime
- 1-2 teaspoons honey to taste
- 1/4 cup chopped cilantro

1. Preheat oven to 425 degrees
2. Spray baking sheet with non stick cooking spray
3. In small bowl combine bbq sauce and pineapple juice
4. Coat the chicken with the mixture and arrange on one side of the pan
5. Next add broccoli, bell pepper and pineapple and toss with 2 tablespoons of olive oil, arrange on sheet and sprinkle with salt and pepper.
6. Arrange everything with even layer and bake for 30-40 minutes turning half way through. Make sure chicken is cooked through and veggies are tender before removing from oven.
7. Honey Lime vinaigrette:
8. Combine 2 tablespoons olive oil, lime juice, cilantro, honey and salt and pepper to taste. Whisk together until smooth.
9. Serve over rice and drizzle honey lime vinaigrette on top.