



# LINDSEY Mutchler

## FITNESS

BUILD STRENGTH X MOVE FORWARD

### **Protein Strawberry Cheesecake Parfait**     **\*\*Will have to double recipe to fill large mason jar**

Ingredients:

- 170g 0% fage nonfat greek yogurt
- 30 grams of sugar free cheesecake flavored pudding mix.
- 80-100g blueberries
- frozen berries(optional)

Directions:

1. Take 1 cup 0% fage nonfat greek yogurt and mix in 30 grams of sugar free cheesecake flavored pudding mix.
2. Take a mason jar and layer the greek yogurt with strawberries in between each layer.
3. Place in freezer for 10-12 minutes. Remove top with remaining strawberries and enjoy! This is also delicious with frozen berries that are heated!

**Macros 0 fat 30 carb 19 protein**

### **Unstuffed Bell Pepper Casserole**

Ingredients:

- 1 lb 93% lean ground beef or turkey
- 1 diced bell pepper
- 1 diced onion
- 1 T minced garlic
- 14.5 oz can petite diced tomatoes
- 1 cup cooked rice (I used 2 single serve organic minute rice to save time!)
- ½ cup shredded parm
- ½ cup reduced fat shredded cheddar cheese
- 1 tsp onion powder
- 1 tsp garlic powder
- Salt and pepper to taste

**Directions:**

1. Preheat oven to 350 degrees F
2. Brown meat and drain excess fat
3. Add in bell peppers and onions and saute for 5-7 minutes until tender.
4. Add garlic
5. Pour in tomatoes, do not drain.
6. Add in spices and stir.
7. Lower heat, cover and simmer for 10 minutes.
8. Add in rice and parmesan cheese and stir.
9. Transfer to baking dish, add shredded cheddar cheese on top and bake until cheese melts.
10. Serve and enjoy!

**Macros: 13 fat , 27 carbs 24 protein for 1/6**