



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Creamy Mexican Crockpot Chicken

This is so easy and full of flavor! Pair with rice and veggies or use in a wrap or tortilla!

Ingredients

- 1.5 lbs Boneless Skinless Chicken Breast
- 1 Cup of Salsa of choice
- 1 small diced up onions
- 4 oz reduced fat cream cheese
- 2 Tablespoons taco seasoning

Directions

Combine all ingredients in crock pot
Cook on high for around 4 hours or until no longer pink
Shredd chicken and mix all together in crock pot

Makes 4 equal servings Macros per serving 265 calories 8 fat 5 carb 42 protein 1 fiber

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The Best Roasted Sweet Potatoes

Sweet potatoes are such an incredible super food! They are not only a great source of vitamins and minerals but also fiber plus they are a collagen boosting food which is incredible especially as we age to keep our skin looking its best!

I will warn you these are so delicious you will have to practice self control to not go completely overboard.

Ingredients

- 4 medium sweet potatoes
- Chosen Avocado Cooking Spray or olive oil
- Salt

Directions

Preheat oven to 450 degrees
Line a baking sheet and spray really well with avocado oil or olive oil
Wash sweet potatoes and then cut them lengthwise and place on pan with skin side up
Lightly move the sweet potato on the oil to coat the side that is down
Bake for 35-45 minutes or until a fork can easily poke through
Remove from the oven , flip over, sprinkle with salt and enjoy!

Macros will be determined on how much sweet potato you choose to enjoy.