



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Crock Pot Lasagna Soup



Ingredients

- 1.5 lbs 93% lean ground beef
- 1 medium onion diced
- 5 garlic cloves minced
- 28 oz can crushed tomatoes
- 16 oz marinara sauce (I used Rao's brand)
- 3 cups chicken broth
- 2 tsp Italian Seasoning
- 10 whole wheat lasagna noodles
- 1 zucchini chopped
- 6 oz fresh spinach
- ½ cup parmesan cheese
- Salt and pepper to taste

Directions

1. Add ground beef, onion and garlic to skillet. Cook until no longer pink, breaking up the meat as it cooks. Season with salt and pepper.
2. Add to the slow cooker then add crushed tomatoes, marinara sauce, chicken broth, and italian seasoning. Cook on low for 4 hours.
3. After 4 hours add the noodles, zucchini and spinach. Cook for around 25 minutes or until the lasagna noodles are tender.
4. Top each serving with the desired amount of parmesan cheese and enjoy!

Recipe makes approximately 8, 1.25 cup servings

Approximate Macros 10 fat 43 carbs 30 protein

Valentine's protein cupcakes!



Ingredients

- 38 grams Level-1 vanilla ice cream protein powder
- 25 grams all purpose flour
- 18 grams coconut flour
- 5 grams truvia or zero calorie sweetener of choice
- 6 grams baking powder
- 138 grams nonfat greek yogurt (I prefer fage brand)
- 138 grams liquid egg whites
- 50 grams unsweetened apple sauce
- 4 grams vanilla extract
- Sprinkles (using red and pink for valentines)

Icing:

- 31 grams level-1 vanilla ice cream protein powder
- 15 grams zero calorie confectioner sugar
- 4 grams sugar free vanilla pudding mix
- 4 grams vanilla extract
- Unsweetened vanilla almond milk until protein consistency

Directions

For cupcakes:

1. Combine all ingredients and cook in cupcake liners or silicone cupcake mold
2. To make a heart shape, you will need to use cupcake liners. Take a small piece of tin foil, roll into a ball and place it in the indent to make a heart shape.
3. Bake at 350 for 17 minutes

For frosting

1. Combine all ingredients and then add almond milk to make frosting consistency. Add slowly!
2. Let cupcakes cool slightly before adding frosting then top with more sprinkles and enjoy!

Estimated macros per cupcake 115 calories 3 fat 10 carbs 12 protein