



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Lighter Version Shepards Pie

For the potato topping

1. 1.5 grams baby yellow potatoes
2. Boil with a little salt until soft
3. Add 3/4 cups fat free chicken broth, 2 tablespoons plain Greek yogurt, salt and pepper and mash.

For the base

1. Brown 1 lb lean ground beef with salt and pepper. Drain and put on a separate plate.
2. In the same pan add 1 tablespoon olive oil and add 5 oz chopped mushroom, 3/4 chopped medium onion, 3 garlic cloves and sauté until softened.
3. Next add in 10 oz frozen veggies of your choice (mine had a mix of peas, carrots, zucchini, green beans), 1 cup fat free beef broth, 2 tablespoons tomato paste, 1 tablespoon worchestire, salt and pepper. Stir and cook 5 minutes then add in ground beef and continue to cook until the sauce has thickened.
4. Transfer to a sprayed baking dish and spread evenly.
5. Top with potatoes smoothed over and sprinkle paprika on top.
6. Bake 400 degrees 25 minutes and broil 1-2 minutes at the end to crisp the potatoes.

Macros are 9 fat, 33 carbs, 25 protein for 1/6 of dish !

Apple Cranberry Crisp

Filling:

- 3 cups (or 300 grams) honey crisp or gala apples sliced
- 1 cup fresh cranberries
- 1 tablespoon 1st Phorm Cinnamon Cookie Batter Protein
- ½ teaspoon cinnamon
- ⅓ cup pure maple syrup

For topping:

- ¾ cup dry quick cooking oats
- ¼ cup light brown sugar (I used Truvia brown sugar)
- 1 tablespoon 1st Phorm Cinnamon Cookie Batter Protein
- 2.5 tablespoons melted coconut oil
- 28 grams chopped pecans

1. Using the Level-1 protein powder instead of flour lowered the carbs in this dish and also added a ton more flavor!
2. Preheat Oven to 325 F
3. Lightly spray a 9 inch baking dish.
4. Combine and mix filling then transfer to baking dish evenly.
5. In a another bowl, combine the topping ingredients and sprinkle evenly over apple mixture.
6. Bake uncovered 50-60 minutes or until browned slightly. Serve warm with whip cream!

Macros for ⅓ 214 calories 10 fat 29 carbs 4 protein

Calorie Friendly Holiday Cocktail

This is a spin from a traditional moscow mule that is the perfect festive colors for the holiday! Combine 1 ½ oz Titos or Vodka of choice with ½ cup diet ginger beer, 2 tablespoons diet cranberry juice and stir well. Serve over ice in a moscow mule mug with a lime wedge and sprig of mint for garnish! You can also add a couple fresh cranberries as well!