



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Summer Chop Salad

Ingredients

2 large cucumber chopped fine
2 large tomato chopped fine
2 cup radish chopped
1 cup corn (drained and rinsed)
½ red onion chopped fine
½ cup chopped cilantro
½ lemon juice
3 tablespoons olive oil
2 tablespoons white balsamic

Directions

Combine all ingredients then enjoy!
This is amazing with grilled chicken or shrimp added or as a side dish you can eat all week!

Cookie Dough Fluffy Yogurt

Macros per serving 250 calories 6 fat 25 carbs 31 protein

I saw this recipe from another creator and had to share it! So easy and so good!

Ingredients

1 serving 0% Fage Greek Yogurt
7 grams sugar free jello pudding mix
2 tablespoons powdered peanut butter
½ teaspoon baking powder
Pinch of salt
1 teaspoon Swerve brown sugar
1 squirt liquid stevia
1 serving mini chocolate chips

Directions

Combine all ingredients in a bowl except chocolate chips
Once everything is combined add in chocolate chips and mix in
Place in freezer for 10 minutes then enjoy!