

# NO BAKE

## *recipes*

5 minute or less recipes that require NO cooking!

*created by jennie kroll*

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# STRAWBERRY WALNUT *Salad*

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## SALAD

2 cups mixed greens  
1/4 cup snap peas  
2 tbsp. red onions  
1 sliced beet (pre cooked)  
44 grams fresh cut strawberries  
1/4 cup walnuts

## DRESSING

in a blender add:  
44 grams strawberries  
1 tsp balsamic vinegar  
1 tsp olive oil  
1 tsp maple syrup

Blend everything until smooth  
and pour on top of your salad

Make sure to add 3-4 oz. of your  
favorite protein

Above servings are for one  
person!



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# MEDITERRANEAN *salad*

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## SALAD

2 cups romaine lettuce  
1/4 cup celery  
1/4 cup cucumber  
1/4 cup tomato  
1/4 cup bell pepper  
1/4 cup red onions or pickled red onions  
1/2 avocado  
1 can wild albacore tuna in water (or chicken if you don't like tuna)

## DRESSING

mix 2 tbsp. hummus with 1 tbsp. lemon juice, 1 tbsp. olive oil, 1 tsp, fresh chives, salt, pepper, and chili flakes to taste.

Above servings are for one person!

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# SALMON SUSHI

wgdlp

3 egglife wraps (you can find these at Aldi's or on their website)

3 oz. lox

6 thinly sliced pieces of cucumber

3 oz. avocado

Lay out your egglife wraps and layer 1 oz. of avocado, 2 slices of cucumber and 1 oz. of lox in the center of each wrap. Repeat on the other 2 wraps.

Enjoy as a wrap or slice up like pieces of sushi!

Recipe is for one serving!



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# BEAN - SPINACH - TUNA *salad*

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2 cups baby spinach  
1/2 cup garbanzo beans  
1 can wild albacore tuna in  
water (or chicken if you don't like  
tuna)  
2 tbsp. tahini  
1 tsp. lemon juice  
1 tbsp. fresh parsley

Combine tahini, lemon juice,  
parsley, salt, pepper in a small  
bowl and set aside.

Combine the rest of ingredients  
together in a bowl - mix with  
tahini dressing and enjoy!

Recipe is for one serving!



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# SOUTHWEST CHICKEN

wg 2/2

- 3 southwest flavor egglife wraps
- 3 large slices romaine leaves
- 3 oz. avocado
- 1/2 cup red onions (pickled if you have)
- 3 oz. shredded chicken (Aldi's sells a container I love - it's shredded rotisserie chicken!)
- 1 tbsp. chopped cilantro
- 1 tbsp. fresh salsa

Lay out your egglife wraps and layer 1 oz. of avocado, 1 lettuce leaf, some of the onions, some 1 oz. shredded chicken, cilantro, and salsa in the center of each wrap. Repeat on the other 2 wraps.

Recipe is for one serving!



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# EASIEST PROTEIN pudding

This is my current obsession and favorite way to end my day with something that feels like a treat!

1 scoop chocolate protein powder (I love the FASTER Way one - it tastes like jello pudding to me!)

1 tbsp. gelatin (I like Further Food the best)  
1/2 cup unsweetened chocolate almond milk

Place everything and stir evenly. I have one of those electric coffee frother sticks that I use to make sure there are no powder clumps left. Place in fridge for at least an hour before you want to enjoy. This allows pudding to set to a mousse like consistency. I like to make 3-4 at a time for the week!

You can add in a cup of fresh raspberries to sneak in some extra fiber.

If you are feeling extra fancy, nook 1 tbsp. coconut oil in the microwave and stir in 1 scoop Further Food chocolate collagen to make a glaze that will harden over the pudding and raspberries. Similar to a DQ chocolate glaze!

Recipe is for one serving!



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# SWEET APPLE *treat*

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1 sliced honeycrisp apple  
1 tsp. cinnamon  
1 tbsp. sugar free peanut butter  
1 tsp. raw maple syrup  
1/2 cup lactose free cottage  
cheese (I like Good culture)

Mix cinnamon, peanut butter, maple syrup, and cottage cheese together. You can even blend everything together in the blender if you want a smooth consistency but do not need to.

Dip your apples in and OMG it's the BEST combination when you want a sweet guilt free treat!

Recipe is for one serving!

**Hungry for more? Check out Jennie's top egg recipes here:**

<https://jenniekroll.com/shop-cookbooks/ols/products/jennies-favorite-egg-recipes>

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