



## CHEESY CHICKEN BACON RANCH BOWLS

583 Calories | 70g Protein | 34g Carbs | 20g Fat  
Makes 10 Meal Prep Bowls



### INGREDIENTS

#### Base Ingredients

- 4.5 lbs chicken breast
- 2 packs ranch seasoning
- 1 cup beef broth
- 16 oz chopped bell peppers

#### Cheese Sauce

- 300g Plain Greek Yogurt
- 2 bags part skim mozzarella cheese
- 1 cup Frank's Red Hot Sauce

#### Other Ingredients

- One box of protein pasta  
(I prefer Barilla)

### DIRECTIONS

1. Place all "Base" ingredients in a slow cooker for 4 hours on high or eight hours on low.
2. With one hour left to cook
  - a. Shred the chicken
  - b. Blend all of the cheese sauce ingredients.
  - c. Boil pasta to al dente
3. Add the pasta to the chicken and cover with cheese sauce. Mix and distribute into 10 meal prep containers