



Buffalo Chicken Bacon Mac N' Cheese

Macros: 570 Calories; 53g Protein; 54g Carbs; 17g Fat

Ingredients

Base

32 oz Chicken breast
½ c hot sauce
2 tablespoon Worcestershire sauce
1 tablespoon better than bouillon
2 orange bell peppers
1 onion

Cream Sauce

50g 1/3 fat cream cheese
300mL fat free milk
100g sharp cheddar cheese
800g cottage cheese
60g shredded parmesan cheese
120g hot sauce
30g honey

Extra Ingredients

18 slices of center cut bacon or 1 packet of crumbled bacon

- If using center cut bacon, cook at 400 degrees for 20-30 minutes

1 package of high protein pasta

Directions

1. Dice bell peppers and onions and cook in oven at 400 degrees for 20 minutes
2. Place all of "base" items in slow cooker
3. Cook on low for 7 hours or high for 4 hours
4. With one hour of cooking time left, blend the "cream sauce" ingredients and put in slow cooker and shred chicken and then add pasta
5. Top with bacon