



Fajita Seasoned Ground Chicken

Makes 2 oz. Servings -
607 cal. | 45.5 grams Protein | 45.5 grams Carbs | 27 grams Fat

- 1 pound Ground Chicken
- 1 Package Ben's Original Ready Rice Cilantro Lime
- 2 Tablespoons Roasted Green Chili & Peptic Bitchin Sauce

Brown the ground chicken, drain the grease.

Heat up the rice

Toss ground chicken in a bowl over the rice with the Bitchin Sauce and you have an easy and quick protein filled lunch.

#healthylunch #healthyeating #nutritiouslunch #tastesgood #healthyliving



Strawberry, Avocados, Spinach, some red onion slices, a small handful of walnuts with a light berry balsamic dressing
*optional to add one 3-4 ounce chicken breast to it for the protein.

Lots of fiber, good fats for the brain and plenty of taste with lots of protein from the chicken.

Total Win!



Yields: 8 pancakes | Serving Size: 2 pancakes |
Calories: 59 | Total Fat: 0 grams | Saturated Fat: 0
grams | Trans Fat: 0 Grams | Cholesterol: 0 mg |
Sodium: 56 mg | Carbohydrates: 9 grams | Fiber: 1
gram | Sugar: 5 grams | Protein: 7 grams







Ingredients:

- 👉 1/2 C. Mashed banana 🍌
- 👉 3 egg whites 🥚
- 👉 1/4 tsp. Baking powder 🥄
- 👉 1 scoop vanilla protein powder (I use Outwork Nutrition) 🥄
- 👉 Different protein powders will change the nutrition facts but not a lot.



High Protein Cheesecake Dessert

Ingredients:

-  1 Cup Greek yogurt (fat free)
-  1/2 package (4 oz) light cream cheese, softened
-  1 Scoop Vanilla Protein Powder (I use Outwork Nutrition)
-  1 tsp. Vanilla extract
-  1-2 tbsp. Honey
-  2 Cups. Strawberries, sliced
- 1 Cup blueberries

Instructions:

In a bowl, beat cream cheese until smooth.

Add Greek yogurt, protein powder, vanilla, and honey. Mix until creamy.

Gently fold in fruit

Chill for 30 minutes before serving.

Makes 4 servings

183 Calories | 18.5 Grams Carbohydrates | 4.75 Grams Fat | 15.75 Grams Protein



Mexican Chicken Chili

Macro - Friendly Slow Cooker Mexican Chicken

245 cal | 33.7 grams Protein | 20.5 grams Carbohydrates | 3.2 grams Fat

1250 grams skinless chicken breast fillets

500 grams corn kernels

300 grams grated zucchini

300 grams grated carrot

400 grams can (225 grams drained weight) of black beans

400 grams can (225 grams drained weight) of red kidney beans

600 grams jar salsa (use mild/medium/hot, depending on your preference)

35 grams taco seasoning powder

Directions

1. Add all ingredients to the slow cooker pot. The chicken breast can go in whole.
2. Mix well, then cook on low for 8 hours, stirring every few hours if possible.
3. Once cooked, use two forks to pull apart the chicken breasts.

Simple, delicious, macro friendly, high protein and so easy.

#highprotein #healthyeating #eatinghealthy #betterchoices #yummy



Protein filled Breakfast Sammy

- 1 Slice Sourdough Bread
- 1 Light Laughing Cow Cream Cheese
- 4 Large Egg Whites
- 1/2 C Spinach

I toast the bread then put the cream cheese on so the cheese melts into the bread. Cut the bread in half to make the sandwich.

Cook the eggs & Spinach into an omelet.

When done place the omelet onto the bread and there you go.

It is filling and will keep you full for awhile and is loaded with protein. Super tasty and pretty fast.

Protein 23 grams / Fat 3 grams / Carbohydrates 37 grams