

Protein

RECIPES





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Perfect **BREAKFAST MUFFINS**

Preparation Time: 10 mins

Cooking Time: 25 mins

Serve: 8

INGREDIENTS

- 350 g mashed bananas
- 75 g protein powder
- 140 g oat flour
- 1 tsp baking soda
- 1 ½ tsp baking powder
- ¾ tsp cinnamon
- 45 ml coconut milk
- 20 g coconut sugar

DIRECTIONS

- 1** Preheat the oven to 220 C/ 425 F.
- 2** Line 8- count muffin pan with cupcake liners and set aside.
- 3** In a large bowl, whisk together mashed banana, cinnamon, coconut milk, and coconut sugar until well combined.
- 4** Add protein powder, oat flour, baking soda, and baking powder and stir until just combined.
- 5** Divide batter into each liner and bake in preheated oven for 5 minutes then turn heat to 180 C/ 356 F and bake for 15-20 minutes.
- 6** Remove from oven and let it cool for 10-15 minutes.
- 7** Serve and enjoy.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|-------|
| CALORIES | 155 |
| FAT | 1.8 G |
| CARBS | 26 G |
| SUGAR | 8 G |
| PROTEIN | 10 G |
| CHOLESTEROL | 0 MG |





EASY & DELICIOUS

CHICKPEA SALAD

PREP TIME: 10MINS

COOKING TIME: 5 MINS

SERVE: 4

INGREDIENTS

- 850 g can chickpeas, drained & rinsed
- ½ fresh lime juice
- 100 g buffalo sauce
- 3 garlic cloves, minced
- 1 small onion, chopped
- ½ bell pepper, chopped
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- Pepper
- Salt

DIRECTIONS

- 1** Add half chickpeas into the large bowl and mash using a potato masher.
- 2** Add remaining chickpeas, lime juice, buffalo sauce, garlic, onion, bell pepper, carrot, celery, pepper, and salt and mix until well combined.
- 3** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 286
- Fat 2.5 g
- Carbohydrates 54.9 g
- Sugar 2.3 g
- Protein 11.2 g
- Cholesterol 0 mg

Overnight OATS

Preparation Time: 10 mins

Cooking Time: 5 mins

Serve: 1

INGREDIENTS

- 20 g oats
- Pinch of nutmeg
- ½ tsp cinnamon
- 1 tbsp honey
- 8 g walnuts, chopped
- 80 g can pumpkin puree
- 120 ml unsweetened almond milk
- 1 scoop protein powder
- 60 g Greek yogurt

DIRECTIONS

- 1 In a bowl, whisk together yogurt, milk, and protein powder.
- 2 Add spices, honey, pumpkin puree, and oats and mix well.
- 3 Cover bowl and place in refrigerator for overnight.
- 4 Remove bowl from refrigerator and stir oats well.
- 5 Top with chopped walnuts and serve.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|-------|
| CALORIES | 379 |
| FAT | 11 G |
| CARBS | 39 G |
| SUGAR | 21 G |
| PROTEIN | 33 G |
| CHOLESTEROL | 68 MG |





PROTEIN BARS

PREP TIME: 10 MINS

COOKING TIME: 30 MINS

SERVE: 12

INGREDIENTS

- 3 ripe bananas
- 70 g almonds, sliced
- 70 g cashews, chopped
- 160 g old-fashioned oats
- 1 tsp cinnamon
- 85 g maple syrup
- 250 g peanut butter

Nutritional Value

(Amount per Serving):

- Calories 285
- Fat 17 g
- Carbs 27 g
- Sugar 10 g
- Protein 9 g
- Cholesterol 0 mg

DIRECTIONS

- 1** Preheat the oven to 180 C/ 356 F.
- 2** Line a 9*9-inch baking dish with parchment paper and set aside.
- 3** In a large bowl, add bananas, cinnamon, maple syrup, and peanut butter and using a hand mixer beat until smooth.
- 4** Add almonds, cashews, and oats and mix until just combined.
- 5** Pour batter into the prepared baking dish and spread evenly.
- 6** Bake in preheated oven for 30 minutes.
- 7** Remove from oven and let it cool completely.
- 8** Cut into pieces and serve.

Pumpkin Oat SMOOTHIE

Preparation Time: 5 mins

Cooking Time: 5 mins

Serve: 2

INGREDIENTS

- 20 g oats
- 60 g pumpkin puree
- 2 g pumpkin pie spice
- ½ tsp vanilla
- 1 scoop vegan protein powder
- 240 ml unsweetened coconut milk
- 1 banana
- 2 tbsp maple syrup

DIRECTIONS

- 1 Add oats and remaining ingredients into the blender and blend until smooth.
- 2 Serve immediately and enjoy.



NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|-------|
| CALORIES | 214 |
| FAT | 1.6 G |
| CARBS | 39 G |
| SUGAR | 21 G |
| PROTEIN | 12 G |
| CHOLESTEROL | 0 MG |



NUTRITIOUS QUINOA SALAD

PREP TIME: 10MINS

COOKING TIME: 12 MINS

SERVE: 6

INGREDIENTS

- 180 g quinoa
- 1 tbsp cumin powder
- 1 lime juice
- 3 tbsp olive oil
- 15 olives, pitted
- 75 g feta cheese, crumbled
- 8 g cilantro, chopped
- 1 medium onion, chopped
- 2 avocados, chopped
- 1 bell pepper, chopped
- ½ cucumber, chopped
- 1 tomato, chopped
- Pepper
- Salt

DIRECTIONS

- 1** Add quinoa, 350 ml water, and salt into the saucepan. Cover and bring to boil. Turn heat to low and cook for 12 minutes.
- 2** Remove saucepan from the heat and let it cool for 10 minutes.
- 3** In a large bowl, add cooked quinoa, cumin powder, lime juice, olives, crumbled cheese, cilantro, onion, avocado, bell pepper, cucumber, tomato, pepper, and salt and mix everything well.
- 4** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 376
- Fat 26 g
- Carbohydrates 31 g
- Sugar 3.4 g
- Protein 8.2 g
- Cholesterol 11 mg

Vegetable SOUP

Preparation Time: 10 mins

Cooking Time: 40 mins

Serve: 6

INGREDIENTS

- 1 handful kale, chopped
- 1 handful spinach, chopped
- 12 g cilantro, chopped
- 1 lemon juice
- 1500 ml water
- ½ tsp curry powder
- ½ tsp cumin powder
- 1 ½ tsp chili powder
- 280 g dried green lentils
- 450 g potatoes, diced
- 3 tomatoes, diced
- 100 g green beans, chopped
- 2 garlic cloves, minced
- 2 celery stalks, diced
- 3 carrots, diced
- 2 tbsp olive oil
- 1 medium onion, diced
- Pepper
- Salt

DIRECTIONS

- 1 Heat oil in a large pot over medium heat.
- 2 Add onion, garlic, celery, and carrots and sauté for 5 minutes.
- 3 Add cumin, curry powder, and chili powder and sauté for a minute.
- 4 Add lentils, potatoes, tomatoes, green beans, and water and bring to boil. Turn heat to low and simmer for 30 minutes. Stir frequently.
- 5 Add spinach and kale and cook for 5 minutes more. Stir in lemon juice. Season with pepper and salt.
- 6 Garnish with cilantro and serve.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|-------|
| CALORIES | 299 |
| FAT | 5.6 G |
| CARBS | 49 G |
| SUGAR | 6 G |
| PROTEIN | 14 G |
| CHOLESTEROL | 0 MG |



FLAVORFUL LENTIL STEW

PREP TIME: 10MINS

COOKING TIME: 35 MINS

SERVE: 4

INGREDIENTS

- 200 g dry lentils, soak for 15 minutes & drained
- ½ tbsp cornstarch
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tbsp balsamic vinegar
- 2 tbsp tamari
- 130 g mushrooms, sliced
- 1000 ml vegetable stock
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 medium onion, chopped
- Pepper
- Salt

DIRECTIONS

- 1** Heat oil in a large pot over medium heat.
- 2** Add garlic, onion, and mushrooms and sauté for 3-5 minutes.
- 3** Add mushrooms, tamari, vinegar, oregano, thyme, and parsley and stir fry for 3-5 minutes.
- 4** Add lentils and stock and cook over medium-low heat for 20-25 minutes.
- 5** Once lentils are cooked then add a splash of water and cornstarch in a small bowl and pour this mixture into the stew. Stir well and cook for minute or until get the desired thickness. Season with pepper and salt.
- 6** Stir well and serve.

Nutritional Value (Amount per Serving):

- Calories 239
- Fat 4 g
- Carbohydrates 36 g
- Sugar 3 g
- Protein 15 g
- Cholesterol 0 mg

Tasty Lentil VEGGIE FRITTERS

Preparation Time: 10 mins

Cooking Time: 20 mins

Serve: 10

INGREDIENTS

- 2 eggs
- 1 tbsp dried oregano
- 1 tbsp dried thyme
- 2 tbsp tomato paste
- 615 g green lentils, cooked
- 95 g breadcrumbs
- 60 g chickpea flour
- 50 g walnuts, chopped
- 2 tbsp Worcestershire sauce
- 2 garlic cloves, minced
- 150 g onion, chopped
- 130 g carrots, chopped
- 2-3 tbsp olive oil
- 1 tsp salt

DIRECTIONS

- 1** Add half lentils into the large bowl and mash using a potato masher.
- 2** Add remaining lentils, eggs, oregano, thyme, Worcestershire sauce, tomato paste, breadcrumbs, chickpea flour, walnuts, garlic, onion, carrots, and salt and mix until well combined.
- 3** If lentil mixture is too wet then add more flour or place lentil mixture in the refrigerator for 30 minutes.
- 4** Make equal shapes of patties from the lentil mixture.
- 5** Heat olive oil in a pan over medium heat.
- 6** Place patties on a hot pan and cook for 5-6 minutes on each side.
- 7** Serve and enjoy.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|-------|
| CALORIES | 364 |
| FAT | 8.2 G |
| CARBS | 52 G |
| SUGAR | 4 G |
| PROTEIN | 21 G |
| CHOLESTEROL | 33 MG |



SAVORY PANCAKES

PREP TIME: 10MINS

COOKING TIME: 15 MINS

SERVE: 8

INGREDIENTS

- 2 eggs
- 2 tbsp butter
- 80 g feta cheese, crumbled
- 1 garlic clove, minced
- 30 g spinach, chopped
- 6 g water
- ½ tsp baking powder
- 110 g almond flour
- Pepper
- Salt

DIRECTIONS

- 1** In a bowl, whisk together eggs, water, baking powder, and almond flour until smooth.
- 2** Add feta cheese, garlic, and onion and stir well. Season with pepper and salt.
- 3** Melt butter in a pan over medium heat.
- 4** Once butter is melted then drop a few tablespoons of batter into the pan and make a pancake and cook until golden brown from both the sides.
- 5** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 124
- Fat 10.5 g
- Carbohydrates 2.9 g
- Sugar 0.5 g
- Protein 4.9 g
- Cholesterol 57 mg

Perfect LENTIL CURRY

Preparation Time: 10 mins

Cooking Time: 25 mins

Serve: 4

INGREDIENTS

- 130 g red lentils, rinsed
- ½ tsp turmeric
- 20 g maple syrup
- 250 ml water
- 50 g curry paste
- 485 ml vegetable stock
- 180 g tomato paste
- 1 medium carrot, diced
- 1 tsp ginger, minced
- 3 garlic cloves, minced
- 30 ml olive oil
- Salt

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|------|
| CALORIES | 288 |
| FAT | 12 G |
| CARBS | 36 G |
| SUGAR | 9 G |
| PROTEIN | 11 G |
| CHOLESTEROL | 0 MG |

DIRECTIONS

- 1 Heat oil in a pot over medium heat.
- 2 Add carrots, ginger, and garlic and sauté for 2 minutes.
- 3 Add curry paste and sauté for 2 minutes.
- 4 Add tomato paste, water, and stock and stir well to combine.
- 5 Add lentils, turmeric, and maple syrup and stir well. Bring to simmer over low heat for 20 minutes. Season with salt.
- 6 Stir well and serve over rice.





HEALTHY TUNA SALAD

PREP TIME: 10MINS

COOKING TIME: 10 MINS

SERVE: 8

INGREDIENTS

- 300 g tuna in olive oil
- ½ lime juice
- 4 tbsp parsley, chopped
- 90 g feta cheese, crumbled
- 50 g sun-dried tomatoes, julienned
- 70 g olives, chopped
- 1 large onion, chopped
- 450 g can white beans, drained & rinsed
- Pepper
- Salt

DIRECTIONS

- 1** Add tuna and remaining ingredients into the large mixing bowl and mix until well combined.
- 2** Cover and place in the fridge for 3 hours.
- 3** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 150
- Fat 5.8 g
- Carbohydrates 10 g
- Sugar 1.4 g
- Protein 15.2 g
- Cholesterol 23 mg

Easy BEAN SOUP

Prep Time: 10 mins

Cooking Time: 1 hr 35 mins

Serve: 6

INGREDIENTS

- 450 g dried navy beans, soaked overnight & drained
- 1 medium carrot, chopped
- 2 celery stalks, chopped
- 1 tbsp Italian seasoning
- 1000 ml vegetable stock
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 1 large onion, chopped
- 400 g can tomatoes, chopped
- Pepper
- Salt

DIRECTIONS

- 1 Heat olive oil in a large pot over medium heat.
- 2 Add onion, garlic, celery, and carrots and sauté for 3-5 minutes.
- 3 Add beans and remaining ingredients and stir everything well and bring to a boil. Cover and cook over medium heat for 1 hour and 30 minutes. Stir occasionally.
- 4 Serve and enjoy

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|-------|
| CALORIES | 311 |
| FAT | 4.2 G |
| CARBS | 53 G |
| SUGAR | 7 G |
| PROTEIN | 17 G |
| CHOLESTEROL | 2 MG |





PROTEIN-RICH EGG SCRAMBLE

PREP TIME: 10MINS

COOKING TIME: 20 MINS

SERVE: 4

INGREDIENTS

- 4 eggs, lightly beaten
- 1 tsp soy sauce
- 1 tsp ginger garlic paste
- 1 tbsp chili sauce
- 18 g cabbage, chopped
- 40 g bell pepper, chopped
- 30 g carrot, chopped
- 1 medium onion, chopped
- 1 tbsp olive oil
- Pepper
- Salt

DIRECTIONS

- 1** In a bowl, whisk eggs with pepper and salt and set aside.
- 2** Heat oil in a pan over medium heat.
- 3** Add onion and ginger garlic paste and sauté until onion softened.
- 4** Add carrot, bell pepper, and cabbage and sauté until vegetables are cooked.
- 5** Add soy sauce and chili sauce and stir for a minute.
- 6** Pour egg mixture and stir constantly until eggs are set. Season with pepper and salt.
- 7** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 113
- Fat 8 g
- Carbohydrates 5 g
- Sugar 2.7 g
- Protein 6.2 g
- Cholesterol 164 mg

Chocolate **BALLS**

Preparation Time: 10 mins

Cooking Time: 5 mins

Serve: 20

INGREDIENTS

- 2 tbsp cocoa powder
- ½ tsp vanilla
- 1 tbsp unsweetened cashew milk
- 2 tbsp peanut butter
- 70 g cashews
- 60 g pecans
- 300 g dates, pitted
- ½ tsp salt

DIRECTIONS

- 1** Line baking sheet with parchment paper and set aside.
- 2** Add cashews, pecans, and dates into the food processor and process until the mixture is well combined.
- 3** Add remaining ingredients and process until just mixed.
- 4** Make equal shapes of balls from the mixture and place onto a prepared baking sheet. Place in fridge until hardened.
- 5** Serve and enjoy.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|--------|
| CALORIES | 94 |
| FAT | 4.7 G |
| CARBS | 13.5 G |
| SUGAR | 10 G |
| PROTEIN | 1.7 G |
| CHOLESTEROL | 0 MG |





SHRIMP SALAD

PREP TIME: 10MINS

COOKING TIME: 5 MINS

SERVE: 4

INGREDIENTS

- 450 g cooked shrimp, peeled & deveined
- 2 lemon juice
- 190 g salsa
- 2 tbsp fresh parsley, chopped
- 1 medium onion, chopped
- 1 jalapeno pepper, chopped
- 1 avocado, diced
- 1 large tomato, chopped
- 1 small cucumber, chopped
- Pepper
- Salt

DIRECTIONS

- 1** Add shrimp and remaining ingredients into the large bowl and mix everything well.
- 2** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 281
- Fat 12 g
- Carbohydrates 16 g
- Sugar 5 g
- Protein 28 g
- Cholesterol 230 mg

Hearty CHICKEN STEW

Prep Time: 10 mins

Cooking Time: 6hrs 25 mins

Serve: 4

INGREDIENTS

- 450 g chicken breasts, boneless
- 2 tbsp sage, minced
- 1 tsp garlic powder
- 1 large carrot, chopped
- 830 ml chicken broth
- 600 g butternut squash, cubed
- 1 tbsp olive oil
- 1 medium onion, chopped
- Pepper
- Salt

DIRECTIONS

- 1 Heat oil in a pan over medium heat.
- 2 Add onion and sauté for 5 minutes or until onion softened.
- 3 Add sautéed onion and remaining ingredients into the slow cooker and stir well to combine.
- 4 Cover and cook on low for 6 hours.
- 5 Remove chicken from the slow cooker and shred using a fork.
- 6 Return shredded chicken to the slow cooker and stir well.
- 7 Serve and enjoy.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|--------|
| CALORIES | 369 |
| FAT | 13.4 G |
| CARBS | 23.8 G |
| SUGAR | 6 G |
| PROTEIN | 39G |
| CHOLESTEROL | 100 MG |





APPLE CINNAMON MUFFINS

PREP TIME: 10MINS

COOKING TIME: 20 MINS

SERVE: 12

INGREDIENTS

- 1 medium apple, chopped
- 4 egg whites
- 2 g baking powder
- 1 ½ tsp cinnamon
- 25 g coconut sugar
- 240 g Greek yogurt
- 60 g vanilla protein powder
- 150 g oats
- Pinch of salt

DIRECTIONS

- 1** Preheat the oven to 180 C/ 350 F.
- 2** Line 12- count muffin pan with cupcake liners and set aside.
- 3** Add all ingredients into the mixing bowl and mix until well combined.
- 4** Divide batter into each liner and bake in preheated oven for 20 minutes.
- 5** Remove from oven and let it cool completely.
- 6** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 79
- Fat 1.3 g
- Carbohydrates 12.2 g
- Sugar 3 g
- Protein 5 g
- Cholesterol 1 mg

Colorful

BEAN SALAD

Prep Time: 10 mins

Cooking Time: 5 mins

Serve: 4

INGREDIENTS

- 450 g can black beans, drained & rinsed
- 90 g feta cheese, crumbled
- 1 ½ tsp honey
- 2 lime juice
- 150 g Greek yogurt
- 200 g salsa
- 350 g can corn, drained
- 1 medium onion, chopped
- 2 bell pepper, chopped
- Pepper
- Salt

DIRECTIONS

- 1 Add black beans, salsa, corn, onion, and bell pepper into the mixing bowl and mix well.
- 2 In a small bowl, whisk together yogurt, lime juice, honey, pepper, and salt and pour over salad and mix well.
- 3 Top with crumbled cheese and serve.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|-------|
| CALORIES | 314 |
| FAT | 7 G |
| CARBS | 51 G |
| SUGAR | 13 G |
| PROTEIN | 17 G |
| CHOLESTEROL | 22 MG |





BAKED FRITTERS

PREP TIME: 10MINS

COOKING TIME: 30 MINS

SERVE: 8

INGREDIENTS

- 1 kg zucchini, grated & squeeze out excess liquid
- 1 small onion, chopped
- 200 g breadcrumbs
- 70 g flour
- 1 tsp dried oregano
- 15 g dill, chopped
- 3 garlic cloves, minced
- 2 eggs, lightly beaten
- 90 g feta cheese, crumbled
- 2 tbsp olive oil
- Pepper
- Salt

DIRECTIONS

- 1** Preheat the oven to 220 C/ 428 F.
- 2** Add grated zucchini and remaining ingredients into the large bowl and mix until well combined.
- 3** Make equal shapes of patties from the zucchini mixture and place onto a parchment-lined baking sheet.
- 4** Bake in preheated oven for 30 minutes.
- 5** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 237
- Fat 8 g
- Carbohydrates 31 g
- Sugar 4.7 g
- Protein 9.3 g
- Cholesterol 51 mg

Juicy CHICKEN SKEWERS

Preparation Time: 10 mins

Cooking Time: 20 mins

Serve: 4

INGREDIENTS

- 950 g chicken breasts, boneless & cut into pieces
- 1 lemon juice
- 3 garlic cloves, minced
- ½ tsp red chili flakes
- 1 ½ tsp cumin powder
- 2 tsp paprika
- 150 g Greek yogurt
- Pepper
- Salt

DIRECTIONS

- 1** Add yogurt, paprika, cumin powder, chili flakes, garlic, lemon juice, pepper, and salt into the large bowl and mix well.
- 2** Add chicken and mix well. Cover and place in refrigerator for overnight.
- 3** Thread marinated chicken pieces onto a skewer.
- 4** Arrange chicken skewers on a hot grill and cook for 10 minutes. Flip skewers and cook for 10 minutes more.
- 5** Serve and enjoy.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|--------|
| CALORIES | 489 |
| FAT | 18 G |
| CARBS | 3 G |
| SUGAR | 1.7 G |
| PROTEIN | 72 G |
| CHOLESTEROL | 213 MG |





CREAMY VEGGIE SOUP

PREP TIME: 10MINS

COOKING TIME: 20 MINS

SERVE: 4

INGREDIENTS

- 450 g cauliflower florets
- 350 g broccoli florets
- 115 g cheddar cheese, shredded
- 300 ml unsweetened coconut milk
- 750 ml vegetable stock
- 3 garlic cloves, minced
- 1 medium onion, chopped
- Pepper
- Salt

DIRECTIONS

- 1** Add cauliflower, broccoli, stock, garlic, onion, pepper, and salt into the pot and bring to boil. Turn heat to low and simmer for 15 minutes.
- 2** Remove pot from heat. Add cheese and milk and stir well.
- 3** Puree the soup using a blender until smooth.
- 4** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 363
- Fat 28 g
- Carbohydrates 18 g
- Sugar 8 g
- Protein 14 g
- Cholesterol 30 mg

Moist & Tender

CHICKEN FAJITAS

Preparation Time: 10 mins

Cooking Time: 3 hours

Serve: 4

INGREDIENTS

- 650 g chicken breast, boneless
- 4 tbsp fajita seasoning
- 2 tsp olive oil
- 3 medium onions, sliced
- 3 bell peppers, sliced

DIRECTIONS

- 1 Add chicken into the slow cooker.
- 2 Pour remaining ingredients over chicken and mix well.
- 3 Cover and cook on high for 3 hours or low for 5 hours.
- 4 Remove chicken from slow cooker and cut into slices.
- 5 Return the chicken into the slow cooker and mix well.
- 6 Serve and enjoy.

NUTRITIONAL VALUE

(Amount per Serving):

| | |
|-------------|--------|
| CALORIES | 289 |
| FAT | 6 G |
| CARBS | 20 G |
| SUGAR | 8 G |
| PROTEIN | 36 G |
| CHOLESTEROL | 105 MG |





DELICIOUS CHICKEN CASSEROLE

PREP TIME: 10MINS

COOKING TIME: 20 MINS

SERVE: 4

INGREDIENTS

- 950 g chicken breasts, boneless
- 1 ½ tsp dried thyme
- 1 ½ tbsp Dijon mustard
- 300 ml chicken broth
- 500 g carrots, sliced
- 3 celery stalks, chopped
- 3 medium onions, chopped
- 50 g flour
- Pepper
- Salt

DIRECTIONS

- 1** Add onion, celery, carrots, broth, mustard, thyme, pepper, and salt into the slow cooker and mix well.
- 2** Coat chicken with flour, pepper, and salt and place onto a vegetable mixture in slow cooker.
- 3** Cover and cook on high for 4 hours or low for 6 hours.
- 4** Serve and enjoy.

Nutritional Value (Amount per Serving):

- Calories 600
- Fat 18 g
- Carbohydrates 30 g
- Sugar 10 g
- Protein 73 g
- Cholesterol 210 mg