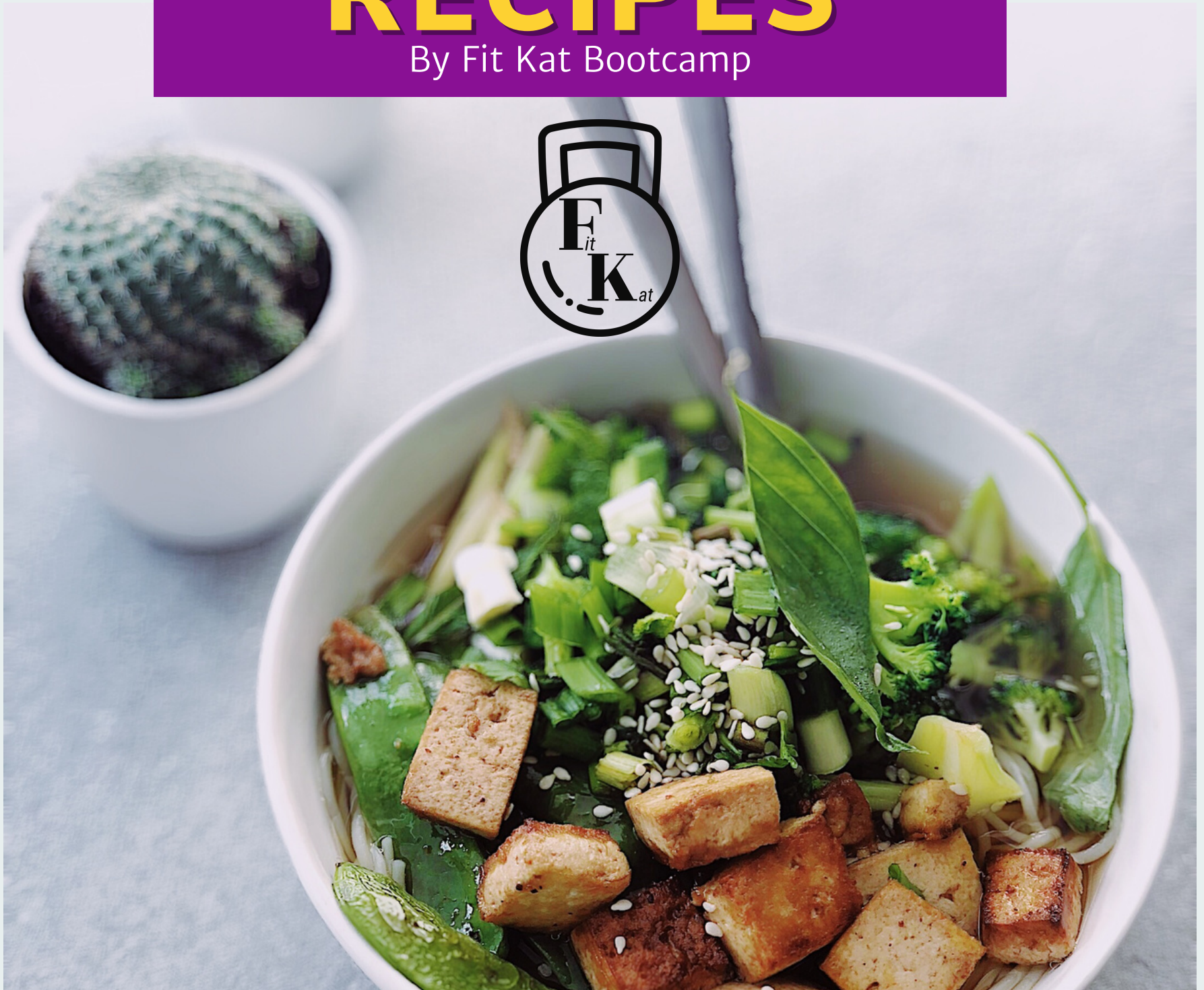


Healthy

RECIPES

By Fit Kat Bootcamp



www.fitkat.info



Contents

CHAPTER 1 - PROTEIN RECIPES

1. Perfect Breakfast Muffins
2. Easy & Delicious Chickpea Salad
3. Overnight Oats
4. Protein Bars
5. Pumpkin Oat Smoothie
6. Nutritious Quinoa Salad
7. Vegetable Soup
8. Flavorful Lentil Stew
9. Tasty Lentil Veggie Fritters
10. Savory Pancakes
11. Perfect Lentil Curry
12. Healthy Tuna Salad
13. Easy Bean Soup
14. Protein-Rich Egg Scramble
15. Chocolate Balls
16. Shrimp Salad
17. Hearty Chicken Stew
18. Apple Cinnamon Muffins
19. Colorful Bean Salad
20. Baked Fritters
21. Juicy Chicken Skewers
22. Creamy Veggie Soup
23. Moist & Tender Chicken Fajitas
24. Delicious Chicken Casserole

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

NUTRITIONAL VALUE

(Amount per Serving):

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

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.





PROTEIN BARS

PREP TIME: 10MINS

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

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.

NUTRITIONAL VALUE

(Amount per Serving):

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





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



Thank you

**I HOPE YOU ENJOYED THE
RECIPES!**

[VISIT MY WEBSITE](#)



fitkatfitnesstrainer



fitkatbootcamp