

Vanilla Chia Peanut Butter Smoothie

I LOVE smoothies because they are super easy and fast to make and you can jam a lot of nutrition in them. This smoothie gives you a nice dose of Omega-3's from the chia seeds.

- 6 oz. unsweetened vanilla almond milk
- 1/2 tbsp. chia seeds
- 1 scoop PB2 or 1 tbsp peanut butter
- 2 scoops vanilla protein powder
- Large handful of spinach
- Ice

Add all ingredients to a blender and blend until desired consistency.

Spinach, Hummus and Bell Pepper Wrap

This wrap is quick to make and flavorful. You can change the flavors with different types of hummus and cheese.

- 1 whole grain low-carb tortilla/wrap
- 1/4 cup roasted garlic hummus
- 1/2 small red bell pepper, thinly sliced
- 1/2 cup firmly packed baby spinach
- 1/2 ounce crumbled tomato-and-basil feta cheese or other cheese of your choice

Spread wrap with hummus, leaving a 1/2-inch border around the edge. Top with bell pepper, spinach and cheese. Starting from one short side, roll up the wrap.

Mozzarella Stuffed Meatloaf

Adding mozzarella makes this meatloaf unique and delicious.

- 2 lbs. ground turkey breast
- 1/2 c. onion, minced
- 1/2 c. seasoned bread crumbs
- 2 tsp. dried parsley
- 2 tsp. dried oregano
- 2 eggs
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2. c. shredded mozzarella
- 2 tbs. ketchup
- 2 tbs. Dijon mustard

Preheat oven to 375. In a large bowl, combine turkey, onion, parsley, oregano, eggs, salt and pepper. Mix well. Press almost half of mixture into an 8 inch loaf pan. Top bottom half with shredded cheese. Cover cheese with remaining turkey mixture reserving some for mini meatloaves. Whisk together ketchup and mustard and spread over prepared meatloaf. Bake one hour until top is golden and loaf has pulled slightly away from sides of pan.