

Teriyaki Chicken Noodles (post 1)

Prepare easily a perfect meal prep for a week with a whopping 59g of protein per meal! 💪

Using BASIC ingredients only ✅

Indulge in delicious teriyaki chicken noodles (Serves 4) 😋

Ingredients...

If you're looking for more delectable YET body-toning recipes, explore my cookbook. It's filled with easy-to-follow recipes that will satisfy your cravings and keep you satisfied! 😊📖

Chipotle Chicken Mac n' Cheese (post 2)

Are you a fan of Mac n' Cheese but also trying to shed some pounds/kg? Look no further! 🔍

Introducing a guilt-free delight: Chipotle Chicken Mac and Cheese, a healthier take on the classic favorite ❤️

A mere 525 calories and an impressive 64g of protein! ✅💪

Ingredients...

🤔 In case you're wondering if there are other healthy alternatives to your favorite dishes...

🔥 Yes! Yes, there are!

Discover a world of low-calorie, high-protein, low-fat recipes in my cookbook, available now in the Profile Description! 🧀🍗 Discover simple yet delicious meals that will delight your taste buds and nourish your body.