



Do-ahead Chicken breasts

Ingredients

- 1 onion cut up
- 4 boneless chicken breasts
- chicken broth
- seasoning (Mural of Flavor)
- Crock Pot

Directions

Place the onion in the crock pot. Place the boneless breasts in, seasoning each piece. Pour in a little chicken broth.
Cook on low for 8 hours...
Freeze into portion sized bags to cool!



Salad Dressings

Ingredients

- 2 T oil
- 1 T vinegar
- Greek seasoning

Mix together and serve!

- 2 T oil
- 1 T vinegar
- Dijon mustard-1 squirt

Mix together and serve!



Our favorite smoothie

Ingredients

- 8 oz. water
- 1 scoop protein powder
- 2 slices frozen banana
- 2 whole strawberries

Mix all ingredients in a blender and enjoy!

Variations-add mint or almond flavoring
add blueberries

Slice and freeze fruit ahead of time to be prepared!



Sugar Free Mousse

Ingredients

- 1 small pudding
- Instant serve-any flavor
- Sugar Free
- 1 1/2 c Cool Whip Lite
- 2 c milk

Prepare pudding as directed with milk. Fold in the Cool Whip. Chill till ready to serve!