

MACRO

FRIENDLY FOOD

OCTOBER MEAL PLAN



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GROUND TURKEY SPAGHETTI

Serves 8

INGREDIENTS

- 1 Tablespoon olive oil
- ½ yellow onion, diced
- 1 pound lean ground turkey
- 2 teaspoons dried basil
- 2 teaspoons dried parsley
- 1 teaspoon pepper
- 2 teaspoons salt
- 1 Tablespoon Truvia Baking Blend
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 (6 ounce) can tomato paste
- 2 (15 ounce) cans tomato sauce
- 1 (16 ounce) pkg. Barilla Protein+ Spaghetti

PREP TIME

- Prep | 20 m
- Cook | 30 m
- Ready in | 50 m
- MFP: MFF Ground Turkey Spaghetti
- 1 serving: 352 calories (57.4 C/2.8 F/28.2 P)

DIRECTIONS

01

Heat olive oil in a large saucepan over medium heat.

02

Add onion and turkey and cook until onion is tender and turkey is cooked through. Season with basil, parsley, pepper and salt.

03

Add Truvia, diced tomatoes, tomato paste and tomato sauce; mix until well combined. Bring to a boil over medium-high heat and let boil for 10 minutes, stirring occasionally. Reduce heat to low and let simmer for 30 minutes, stirring occasionally.

04

Meanwhile, cook pasta according to package directions; set aside. Toss pasta and sauce together before serving.



CREAMY TURKEY AND BLACK BEAN FLAUTAS

Serves 6

INGREDIENTS

- 1 Tablespoon olive oil
- 1 pound lean ground turkey
- 1 onion, diced
- 1 (15 ounce) can black beans, rinsed and drained
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon garlic powder
- 1 Tablespoon cumin
- 2 cups baby spinach
- 1 (8 ounce) container fat-free cream cheese spread
- 12 Mission Carb Balance Tortillas
- 1 cup reduced-fat Mexican blend cheese

PREP TIME

- Prep | 20 m
- Cook | 25 m
- Ready in | 45 m
- MFP: MFF Creamy Turkey and Black Bean Flautas
- 1 serving (2 flautas): 216 calories (27.7 C/9.1 F/18.5 P)

DIRECTIONS

01

Preheat oven to 400 degrees F.

02

Add olive oil to a large skillet over medium-high heat and cook turkey and onion until turkey is cooked through (about 5-8 minutes); drain excess grease. Mix in black beans, salt, pepper, chili powder, garlic powder and cumin and cook until heated through.

03

Add spinach and cook for 2-3 more minutes, or until spinach is wilted. Remove from heat and fold in cream cheese spread until well combined. Divide mixture evenly between tortillas and top with shredded cheese.

04

Roll up and place seam-side down on a baking sheet sprayed with nonstick cooking spray. Spray the tops of the flautas with nonstick cooking spray and bake, uncovered, for 20-25 minutes, or until golden brown.



CHICKEN SLOPPY JOES

Serves 6

INGREDIENTS

- 1 pound ground chicken
- 1 red bell pepper, diced
- 1 red onion, diced
- 2 Tablespoons brown sugar
- 3 Tablespoons red wine vinegar
- 1 Tablespoon steak seasoning
- 1 Tablespoon Worcestershire sauce
- 1 (15 ounce) can tomato sauce
- 6 hamburger buns

PREP TIME

- Prep | 5 m
- Cook | 25 m
- Ready in | 30 m
- MFP: MFF Chicken Sloppy Joes
- 1 serving (1/6 of recipe): 169 calories (6.4 C/7.7 F/14.7 P)

DIRECTIONS

01

Cook ground chicken in a large nonstick skillet over medium-high heat.

02

Add pepper and onion and cook for 5 minutes, stirring frequently. In a small bowl, whisk together brown sugar, vinegar, steak seasoning, Worcestershire sauce and tomato sauce.

03

Add sauce to skillet, reduce heat to medium and let simmer, stirring occasionally, for 8-10 minutes.

04

Serve on hamburger buns.
*Hamburger buns not included in nutrition information, so you can select and log your preferred bun.



BROCCOLI CHICKEN CASSEROLE

Serves 6

INGREDIENTS

- 6 cups steamed broccoli
- 1 1/2 cups diced, cooked chicken
- 1 yellow onion
- 1 Tablespoon olive oil
- 2 teaspoons minced garlic
- Salt and pepper, to taste
- 1/2 teaspoon Italian seasoning
- 1 (14.5 ounce) can reduced-sodium chicken broth
- 1/4 cup flour
- 2/3 cup grated Parmesan cheese
- 1/4 cup plain nonfat Greek yogurt
- 3 Tablespoons plain panko bread crumbs

PREP TIME

- Prep | 10 m
- Cook | 30 m
- Ready in | 40 m
- MFP: MFF Broccoli Chicken Casserole
- 1 serving (1/6 of recipe): 436 calories (38.3 C/10.4 F/45.5 P)

DIRECTIONS

01

Preheat oven to 350 degrees F. Spray a 9x13-inch baking dish with nonstick cooking spray. Spread steamed broccoli in the bottom of the dish. Top with cooked chicken.

02

In a large skillet over medium heat, sauté onion in olive oil until tender (3–5 minutes). Add garlic and sauté for an additional minute. Season with salt, pepper and Italian seasoning. Slowly stir in chicken broth. Whisk in flour until mixture thickens.

03

Remove from heat and mix in Parmesan and Greek yogurt until well combined. Pour over chicken and spread in an even layer then top with bread crumbs.

04

Spray breadcrumbs generously with nonstick cooking spray. Bake, uncovered, for 30 minutes.



SLOW COOKER BEEF STEW

Serves 6

INGREDIENTS

- 2 pounds stew meat
- 3 carrots, peeled and diced
- 3 stalks celery, diced
- 1 pound russet potatoes, peeled and diced
- 1 yellow onion, diced
- 3 teaspoons minced garlic
- 3 cups low-sodium beef broth
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon paprika
- 2 bay leaves
- $\frac{1}{4}$ cup all purpose flour

PREP TIME

- Prep | 10 m
- Cook | 8 hrs
- Ready in | 8 hrs 10 m
- MFP: MFF Slow Cooker Beef Stew
- 1 serving ($\frac{1}{6}$ of recipe): 318 calories (24.6 C/7 F/37 P)

DIRECTIONS

01

Spray a 6-quart slow cooker with nonstick cooking spray. Place stew meat, carrots, celery, potatoes, onion and garlic in the bottom of the slow cooker.

02

Pour beef broth and worcestershire sauce over the top. Season with salt, thyme, rosemary and paprika; stir to combine. Place bay leaves on top.

03

Cover with lid and cook for 8-10 hours on low (recommended) or 4-6 hours on high. After cooking, discard bay leaves.

04

In a small bowl, whisk together flour and $\frac{1}{2}$ cup stew broth. Stir in flour mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes until thickened.



GREEK YOGURT WHITE CHICKEN CHILI

Serves 8

INGREDIENTS

- 1 Tablespoon olive oil
- 1 yellow onion, diced
- 2 teaspoons minced garlic
- 1 teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon chili powder
- ⅛ teaspoon cayenne pepper
- Salt and pepper, to taste
- 2 pounds cooked, diced chicken
- 3 cups low-sodium chicken broth
- 2 (15 ounce) cans white northern beans, rinsed and drained
- 1 (15 ounce) can corn, drained
- 1 (4 ounce) can diced green chiles
- ¾ cup nonfat plain Greek yogurt
- 1 Tablespoon lime juice

PREP TIME

- Prep | 10 m
- Cook | 25 m
- Ready in | 35 m
- MFP: MFF White Chicken Chili
- 1 serving (⅙ of recipe): 430 calories (26.8 C/11.1 F/29.7 P)

DIRECTIONS

01

Add oil to a large pot over medium-high heat. Add garlic and onion, sauté for 3 minutes, stirring occasionally.

02

Season with cumin, oregano, chili powder, cayenne pepper, salt and pepper and cook for an additional minute.

03

Add chicken, broth, beans, corn and chiles. Cover, bring to a boil and reduce heat to low-medium and simmer for 20 minutes.

04

Stir in yogurt and lime juice until well combined then serve.



SHRIMP SCAMPI

Serves 6

INGREDIENTS

- 8 ounces Barilla Protein+ Angel Hair Pasta
- 2 Tablespoons butter
- 3 teaspoons minced garlic
- $\frac{1}{3}$ cup low-sodium chicken broth
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon pepper
- 1 $\frac{1}{2}$ pounds peeled and deveined shrimp (thawed)
- $\frac{1}{4}$ cup lemon juice
- Zest of 1 lemon
- $\frac{1}{4}$ cup shredded parmesan cheese
- 2 Tablespoons fresh parsley

PREP TIME

- Prep | 10 m
- Cook | 5 m
- Ready in | 15 m
- MFP: MFF Shrimp Scampi
- 1 serving ($\frac{1}{6}$ of recipe): 271 calories (27.2 C/6.8 F/27 P)

DIRECTIONS

01

Cook pasta according to package directions.

02

Meanwhile, melt butter in a large skillet over medium-high heat. Add garlic and sauté for 1 minute. Add broth, red pepper flakes and pepper and bring to a simmer.

03

Add shrimp and sauté until slightly pink (2 to 4 minutes depending upon their size). Stir in lemon juice and zest.

04

Serve shrimp and sauce over pasta and top with parmesan cheese and fresh parsley.



CHICKEN ENCHILADA CASSEROLE

Serves 8

INGREDIENTS

- 1 Tablespoon olive oil
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 3 teaspoons minced garlic
- 1 (4 ounce) can diced green chiles
- 1 ½ pounds cooked, diced chicken
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can corn, drained
- 1 (15 ounce) can Rotel Diced Tomato and Green Chiles
- 2 (15 ounce) cans mild green enchilada sauce
- 12 corn tortillas, cut into halves
- 2 cups reduced-fat shredded Mexican cheese

PREP TIME

- Prep | 15 m
- Cook | 38 m
- Ready in | 53 m
- MFP: MFF Chicken Enchilada Casserole
- 1 serving (1/8 of recipe): 373 calories (44.5 C/10.8 F/31.4 P)

DIRECTIONS

01

Preheat oven to 375 degrees F. Spray a 9x13-inch baking dish with nonstick cooking spray; set aside. Heat oil in a large skillet over medium-high heat.

02

Add onion, pepper and garlic and sauté for 6–8 minutes, or until tender. Add diced green chiles, chicken, black beans, corn, Rotel and 1 can of enchilada sauce; stir to combine. Remove from heat and set aside.

03

Pour ½ cup enchilada sauce in prepared baking dish and spread in an even layer. Top top with 8 tortilla halves, covering the entire pan. Top evenly with ⅓ of the chicken mixture, then ⅓ of the cheese. Repeat with another layer of tortillas, chicken mixture and cheese. Top with one more layer of tortillas, chicken, remaining enchilada sauce and cheese.

04

Cover pan with foil and bake for 20 minutes. Remove foil and bake an additional 10 minutes. Remove from oven and top with your favorite toppings, if desired (not included in nutrition information).



PHILLY CHEESESTEAK WRAPS

Serves 6

INGREDIENTS

- 1 Tablespoon olive oil
- 1 yellow onion, sliced
- 2 green bell peppers, sliced
- Salt and pepper, to taste
- 1 ½ pounds sirloin steak, thinly sliced
- 6 Light Laughing Cow Cheese Wedges
- 6 Mission Carb Balance Flour Tortillas

PREP TIME

- Prep | 10 m
- Cook | 13 m
- Ready in | 23 m
- MFP: MFF Philly Cheesesteak Wraps
- 1 wrap: 390 calories (28 C/22.3 F/32 P)

DIRECTIONS

01

Heat olive oil in a large skillet over medium-high heat. Add onion, peppers, salt and pepper and cook until vegetables are browned and tender.

02

Add steak to the skillet and cook for 2-3 minutes, or until you reach desired doneness; remove from heat and set aside.

03

Spread a cheese wedge on each tortilla. Divide meat and peppers evenly between tortillas.

04

Roll up and place seam-side down on a panini press or griddle for 3-5 minutes, or until golden brown. Flip halfway through cooking if using a griddle.



BBQ PORK LOIN AND COLESLAW SANDWICHES

Serves 6

INGREDIENTS

- 2 pounds pork tenderloin
- 1 yellow onion, diced
- 2 teaspoons minced garlic
- 1 (18 ounce) bottle sugar free BBQ sauce (I like G Hughes brand)
- 2 cups cabbage coleslaw
- ½ cup Bolthouse Farms Coleslaw Dressing
- 6 hamburger buns

PREP TIME

- Prep | 5 m
- Cook | 8 hrs
- Ready in | 8 hrs 5 m
- MFP: MFF BBQ Pork and Coleslaw Sandwiches
- 1 serving (⅓ recipe): 235 calories (13.6 C/5.6 F/35.8 P)

DIRECTIONS

01

Spray a slow cooker with nonstick cooking spray and place pork in the bottom. Top with diced onion and garlic then pour BBQ sauce on top.

02

Cover and cook on low for 8–10 hours or high for 4–6. Remove lid and shred meat in slow cooker.

03

In a small bowl, combine coleslaw and dressing and mix until combined.

04

Divide meat between buns and top with coleslaw.

*Nutrition information does NOT include bun as they can greatly vary in nutrition. If tracking, add bun separately.



SHEET PAN CHICKEN SAUSAGE AND VEGEGTABLES

Serves 6

INGREDIENTS

- 8 Aidell's Chicken and Apple Sausages, sliced
- 4 carrots, sliced
- 1 yellow onion, diced
- 2 bunches asparagus, cut off ends and cut into thirds
- 1 ½ pounds fingerling potatoes, diced
- 2 Tablespoons olive oil
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon parsley
- Salt and pepper, to taste

PREP TIME

- Prep | 10 m
- Cook | 20 m
- Ready in | 30 m
- MFP: MFF Sheet Pan Chicken Sausage and Vegetables
- 1 serving (⅓ of recipe): 427 calories (37.4 C/20.7 F/23.7 P)

DIRECTIONS

01

Spray a baking sheet with nonstick cooking spray.

02

Spread chicken sausage, carrots, onion, asparagus and potatoes in prepared pan in an even layer. Drizzle olive oil on top and toss to coat.

03

In a small bowl, combine paprika, garlic powder, oregano and parsley then sprinkle on top of chicken and vegetables; toss to coat then spread in an even layer. Season with salt and pepper, to taste.

04

Bake for 20 minutes, or until vegetables are tender.



MEATLOAF MUFFIN CUPS

Serves 6

INGREDIENTS

- 1 ½ pounds lean ground beef
- 1 yellow onion, minced
- 2 eggs
- 1 cup Panko bread crumbs
- ¾ cup ketchup, divided
- ¼ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- 1 teaspoon Worcestershire sauce

PREP TIME

- Prep | 10 m
- Cook | 25 hrs
- Ready in | 35 m
- MFP: MFF Meatloaf Cups
- 1 serving (2 muffin cups): 327 calories (25.4 C/12.7 F/29.1 P)

DIRECTIONS

01

Preheat oven to 350 degrees F. Spray a muffin tin with nonstick cooking spray; set aside.

02

In a large mixing bowl, combine ground beef, onion, eggs, bread crumbs, ¼ cup ketchup, Parmesan, garlic powder, oregano, salt and pepper.

03

Divide meat mixture evenly between 12 muffin cups and press down to fill the cup. In a small mixing bowl, combine ½ cup ketchup and Worcestershire sauce and divide evenly between muffin cups, spreading evenly on top.

04

Bake for 20–25 minutes until lightly browned on the edges.



BAKED SWEET POTATO FRIES

Serves 6

INGREDIENTS

- 2 pounds sweet potatoes
- 2 Tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon onion powder
- ¼ teaspoon pepper

PREP TIME

- Prep | 35 m
- Cook | 30 m
- Ready in | 1 hr 5 m
- MFP: MFF Baked Sweet Potato Fries
- 1 serving (⅓ of recipe): 181 calories
(32.7 C/4.7 F/3.2 P)

DIRECTIONS

01

Peel and slice sweet potatoes into long, thin strips, about ¼-inch wide. Add fries to a large bowl of cold water and soak for 30 minutes.

02

Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper or foil sprayed with nonstick cooking spray; set aside. Drain the fries and blot dry on clean paper towels. Rinse and dry bowl of water and add fries back in. Drizzle with olive oil and toss until evenly coated.

03

In a small bowl, whisk together paprika, garlic powder, salt, onion powder and pepper. Sprinkle mixture over bowl of fries then toss until fries are evenly coated. Spread the fries in an even layer on the prepared baking sheet, being sure to not overlap fries. If your pan is too small, you can spread the fries onto two pans.

04

Bake for 15 minutes then remove from oven and flip fries over with a spatula. Return to oven and bake and additional 15 more minutes, or until the ends begin to brown. For extra crispy fries, turn oven to high broil and let broil for 1-2 minutes before removing from oven.



ROASTED RED POTATO WEDGES

Serves 6

INGREDIENTS

- 2 ½ pounds red potatoes, washed with skins on
- 2 Tablespoons olive oil
- 1 Tablespoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ cup finely grated Parmesan cheese

PREP TIME

- Prep | 10 m
- Cook | 25 m
- Ready in | 35 m
- MFP: MFF Roasted Red Potato Wedges
- 1 serving (⅓ of recipe): 187 calories (34.1 C/5.9 F/5.1 P)

DIRECTIONS

01

Preheat oven to 450 degrees F. Line a baking sheet with parchment paper or foil sprayed with nonstick cooking spray.

02

Cut each potato in half lengthways, then cut each half in half lengthways again, and then cut each half in half lengthways again until you have 8 wedges, making sure they are about the same thickness and size. Place potato wedges in a large mixing bowl or resealable bag, drizzle olive oil on top and toss to coat.

03

In a small bowl, whisk together garlic powder, paprika, salt, pepper and Parmesan cheese. Sprinkle spice mixture over potatoes and toss to coat. Spread coated potatoes in an even layer on prepared pan.

04

Bake for 30 minutes then remove from oven and flip wedges with a spatula. Return to oven and bake for an additional 30–35 minutes or until golden brown.



SIMPLE CAESAR SALAD

Serves 8

INGREDIENTS

- 3 hearts romaine, chopped
- ½ cup cheese and garlic croutons
- ¼ cup grated Parmesan cheese
- Salt and pepper, to taste
- ½ cup Bolthouse Farms Caesar Dressing

DIRECTIONS

01

Place romaine in a large bowl and top with croutons, cheese, salt and pepper.

02

Toss in dressing before serving.

PREP TIME

- Prep | 5 m
- Cook | 0
- Ready in | 5 m
- MFP: MFF Simple Caesar Salad
- 1 serving (⅛ of recipe): 56 calories
(5.6 C/2.6 F/2.8 P)



MEXICAN STREET CORN SALAD

Serves 6

INGREDIENTS

- 2 Tablespoons olive oil
- 2 (12 ounce) pkg. frozen corn
- ½ red onion, minced
- 2 teaspoons minced garlic
- 1 jalapeño pepper, seeded and minced
- ⅓ cup plain nonfat Greek yogurt
- 2 Tablespoons cotija cheese
- 2 Tablespoons chopped fresh cilantro
- 1 teaspoon chili powder
- Juice of 1 lime

PREP TIME

- Prep | 10 m
- Cook | 6 m
- Ready in | 16 m
- MFP: MFF Greek Yogurt Street Corn Salad
- 1 serving (⅓ of recipe) 135 calories (18.2 C/10.3 F/3 P)

DIRECTIONS

01

Heat oil in a nonstick skillet over high heat.

02

Add corn and red onion and stir occasionally for 4–5 minutes, or until corn is slightly charred on the edges. Add garlic and jalapeño and cook for 1 additional minute.

03

Pour the contents of the pan into a large bowl and fold in yogurt, cheese, cilantro, chili powder and lime juice until well combined.

04

Serve warm, if desired, or store covered in refrigerator until serving.



ROASTED GREEN BEANS

Serves 6

INGREDIENTS

- 1 pound fresh green beans, trimmed
- 2 Tablespoons olive oil
- 4 teaspoons minced garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper

PREP TIME

- Prep | 10 m
- Cook | 25 m
- Ready in | 35 m
- MFP: MFF Roasted Green Beans
- 1 serving (⅓ of recipe): 66 calories
(5.9 C/4.7 F/1.5 P)

DIRECTIONS

01

Preheat oven to 400 degrees F. Line large baking sheet with aluminum foil and lightly spray with nonstick cooking spray.

02

Spread beans in an even layer on prepared baking sheet and drizzle with olive oil; toss to coat.

03

Sprinkle garlic, salt and pepper on top and toss to coat. Spread in an even layer, avoiding overlapping beans.

04

Bake for 20–25 minutes, or until beans are tender and slightly browned.



GREEK YOGURT BREADSTICKS

Makes 8 breadsticks

INGREDIENTS

- 4 cups all-purpose flour
- 2 cups plain nonfat Greek yogurt
- 3 teaspoons baking soda
- 1 teaspoon salt
- garlic salt, to taste

PREP TIME

- Prep | 15 m
- Cook | 19 m
- Ready in | 34 m
- MFP: MFF Greek Yogurt Breadsticks
- 1 breadstick: 257 calories (50 C/1 F/9.4 P)

DIRECTIONS

01

Preheat oven to 375 degrees F. In a large mixing bowl or stand mixer, combine all ingredients until a dough forms and begins to pull away from the sides.

02

Roll onto a lightly dusted surface and divide dough into 8 equal pieces.

03

Roll out each piece into a breadstick (around 8–10 inches long) and place on a baking sheet sprayed with nonstick cooking spray.

04

Spray tops of breadsticks with nonstick cooking spray and sprinkle garlic salt on top, if desired. Bake for 17–19 minutes or until lightly golden brown on top.



CHOCOLATE PEANUT BUTTER CHIP COOKIES

Makes 24 cookies

INGREDIENTS

- 1 ¼ cups unsweetened applesauce
- 1 cup Truvia Baking Blend
- 2 teaspoons vanilla extract
- 1 egg
- 1 (14 ounce) box Dark Chocolate Kodiak Power Cakes Mix
- 2 scoops chocolate protein powder
- 1 cup Reese's Peanut Butter Chips

PREP TIME

- Prep | 5 m
- Cook | 10 m
- Ready in | 15 m
- MFP: MFF Chocolate Peanut Butter Chip Cookies
- 1 cookie: 166 calories (27 .2 C/4.9 F /9.8 P)

DIRECTIONS

01

Preheat oven to 375 degrees F.

02

In a large mixing bowl or stand mixer, add applesauce, Truvia, vanilla and egg and mix until combined. Add Kodiak Cakes and protein powder; mix until fully incorporated. Fold in peanut butter chips.

03

Line a baking sheet with parchment paper or spray with nonstick cooking spray. Drop dough, two inches apart, onto prepared baking sheet using a cookie scoop.

04

Bake for 8–10 minutes, or until set.



PUMPKIN SHEET CAKE

Serves 24

INGREDIENTS

Cake:

- 4 eggs
- 1 cup Truvia Baking Blend
- 1 cup unsweetened applesauce
- 2 scoops unflavored collagen peptides
- 2 scoops vanilla protein powder
- 1 (15 ounce) can pumpkin puree
- 2 cups all-purpose flour
- 3 teaspoons cinnamon
- 1 teaspoon pumpkin pie spice
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt

Frosting:

- 1 (8 ounce) container soft cream cheese spread
- 1 scoop vanilla protein powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 cup low-fat milk
- 5 cups powdered sugar

PREP TIME

- Prep | 30 m
- Cook | 30 m
- Ready in | 60 m
- MFP: MFF Pumpkin Sheet Cake
- 1 serving: 220 calories (46.1 C/3.2 F/6.2 P)

DIRECTIONS

01

Preheat oven to 350 degrees F. Spray a half baking sheet with nonstick cooking spray. In a mixing bowl, combine eggs, Truvia, applesauce, collagen, protein powder and pumpkin puree until fully incorporated.

02

Slowly add the flour but continue stirring to avoid lumps. Mix until well combined. Add the cinnamon, pumpkin pie spice, baking powder, baking soda and salt and mix until well combined.

03

Pour the batter into prepared baking sheet and spread in an even layer. Bake for 25-30 minutes, or until set and let cool completely.

04

For the frosting, cream together cream cheese and protein powder in a mixing bowl until fluffy. Add vanilla, salt, milk and powdered sugar; mix until smooth.