

Low Carb Chocolate Protein Waffles

Serves: 1 Large Waffle (Two people can likely split this)

1 Profile Meal Replacement, Chocolate
2 Tablespoons of Profile's Chocolate Veggies Powder
2 Tablespoons Blanched Almond Flour
1 Pinch of Salt
1 Teaspoon Baking Powder

1 Egg, separated
3 Tablespoons of Greek Yogurt

Preheat waffle iron.

Whisk dry ingredients together, set aside.

Beat egg yolk and greek yogurt together, set aside.

In a shaker bottle, shake egg white vigorously.

Add yogurt mixture to dry and combine well.
Lastly, pour in egg white and fold in until combined.

Pour into waffle iron and cook until desired doneness.

Profile Exchanges:

1 fat
1 flex food
3 oz very lean protein

**1/2 C of low sugar chocolate protein powder may be substituted in place of meal replacement once goal weight has been achieved as a healthy option.*

BBQ Chicken Meatballs

Serves: 4 people, about three balls. Or, use as an appetizer tray.

1 Lb. of Ground Chicken
1 Egg, Beaten
2 Tablespoons, Profile BBQ Sauce
1 Teaspoon Garlic, Minced
1/4 Teaspoon Black Pepper
1 Tablespoon Parsley, Minced
1/2 Teaspoon Liquid Smoke

Preheat oven to 400 degrees. Line a pan with foil if desired for easy clean up and non-stick. Spray with oil.

Mix well but not over mix as it makes them tough texture. Mold out 10-14 balls, depending on size, but make sure the sizes are all uniform.

Bake until internal temp is 165 degrees, about 13-15 minutes. Do not over bake!

Profile Exchanges:

4 oz very lean protein
1 flex food

Creamy Chicken “Ratatouille” for One

Serves: 1 in a personal sized casserole dish. You can easily multiply this out to serve many.

2 Cups Zucchini, Sliced Thin
1/4 C Sweet Onion, Sliced Thin
1 Packet, Profile’s Creamy Chicken Soup
6 oz. Unsweetened Almond Milk
1 Tablespoon Nutritional Yeast
1/4 Teaspoon of Salt

Preheat oven to 400. In a small casserole pan, spray with non-stick oil and layer zucchini and onion.

In a bowl, mix soup packet with hot almond milk (I just heated mine in the microwave). Beat/mix well. Pour over vegetables.

Sprinkle the top with nutritional yeast for a nutty, cheese flavor topping and a dash of salt.

Bake at 400 for 20 minutes. Turn broiler on high and crust the top for 45 seconds or so.

Profile Exchanges:

2.25 cups of veggies
1 flex food
One meal replacement