

Faithful Workouts

MEAL PREP #4: RECIPES

Smoothie

1 frozen banana

1 tbsp peanut butter
last)

1 tbsp cacao powder

1/4 cup almond milk (add

Directions:

Place all ingredients in a blender and blend until smooth
Top with sliced strawberries and almonds

Enchiladas

2/3 sweet potato

1/2 cup black beans

1/4 cup feta

2 tortillas

2 tbsp diced green chilis

1/4 tsp cumin

1/4 tsp chili powder

1/3 cup green salsa

Directions:

Peel and mash sweet potatoes

Mix in black beans, feta, green chil, cumin, and chili powder

Fill a tortilla with half of the mixture, roll into a burrito form and
place in your baking dish

Cover with green salsa