



SNACK ATTACK: THE CLEAN EDITION



Pulled Pork Plantain Nachos

Makes 4 servings

INSTRUCTIONS

INGREDIENTS

- **32 oz** Pork Loin (Tenderloin)
- **1 medium** Carrot
- **0.5 tbsp** Paprika
- **0.5 tbsp** Onion Powder
- **0.5 tbsp** Garlic Powder
- **1 tbsp** Salt
- **0.5 tbsp** Black Pepper
- **1 cup** Chicken Broth
- **2 medium** Plantains
- **1 tbsp** Olive Oil
- **0.25 cup, sliced** Mango (Diced)
- **0.25 cup, chopped or sliced** Tomatoes (Diced)
- **0.25 cup, chopped** Red Onions
- **3 tbsp** Cilantro (Coriander)
- **1 Juice of 1 lime** Fresh Lime Juice

NUTRITION INFORMATION (PER SERVING)

Calories: 486kcal; Fats, 16 grams; Carbs, 37 grams; Fiber, 4 grams; Protein, 49 grams

Trim all the fat off the pork loin and cut it into 4 pieces.

Add the pork loin, carrot, paprika, onion powder, garlic powder, half of the salt, black pepper, and chicken broth to a slow cooker.

Cook on high heat for 4 hours or low heat for 8 hours.

Mix the mango, tomato, red onion, cilantro, remaining salt, and lime juice. Refrigerate until ready to eat.

Peel the green plantain and cut it into 2-inch rounds.

Toss the green plantain rounds in olive oil and air fry for 10 minutes at 350°F (175°C).

Smash the green plantain rounds and air fry for an additional 5-10 minutes until crispy.

Top the crispy green plantains with pulled pork and mango salsa.

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Banana

Ice Cream

Makes 2 servings

INGREDIENTS

- 2 large ripe bananas
- 1 tsp Monk Fruit
- 1-2 tbsp unsweetened almond milk(for blending)
- Optional: ½ scoop vanilla protein powder
- Optional add-ins: 1 tsp cocoa powder, cinnamon, or peanut butter powder
- Toppings; sugar-free chocolate chips, crushed walnuts, or berries

INSTRUCTIONS

- Blend frozen banana chunks with almond milk until creamy and thick like soft serve.
- Add protein powder and any extras, blend again until smooth.
- Serve immediately or freeze for a firmer texture.

NUTRITION INFORMATION (PER SERVING)

Calories: 110 kcal; Fats, 1 grams; Carbs, 26 grams; Protein, 15 grams

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INGREDIENTS

- 1 cup non-fat Greek yogurt
- 2 tbsp Jello Cheesecake Pudding Mix
- 1 scoop vanilla or cookies & cream whey protein
- 1/2 tbsp stevia or monk fruit
- Crushed chocolate rice cakes (or Oreo thin sandwich cookies)
- Dash of vanilla extract
- Pinch of salt
- Mini muffin tins or ramekins or shot glasses

Oreo

Cheesecake Bites

INSTRUCTIONS

1. Mix Greek yogurt, Jello pudding cream cheese, protein powder, sweetener, vanilla, and salt until smooth.
2. Crush the rice cakes or cookies and use $\frac{2}{3}$ of them as the "crust" in the muffin tin bottoms.
3. Pour in the creamy filling, then sprinkle remaining crushed cookies on top.
4. Freeze for 30–45 minutes or refrigerate overnight.



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