



Rachelle Dejean's Dinner and Dessert

Dinner: Green bell peppers and egg whites

Directions:

1. Cut off the top of a green bell pepper, and remove the seeds and middle part of pepper. Turn the pepper on its side, and slice to make rings.
2. Spray a pan with non-stick cooking spray.
3. Place pepper rings flat into pan.
4. Place an egg white in each ring, add seasonings of your choice
5. Top with salsa and add a side salad for a complete meal.

Dessert: Protein Ice cream

1/2 cup Greek yogurt

1 MET-Rx Cookies and Cream Ultramyosyn Whey

Optional: Natural sweetener or fresh fruit