



BODYBUILDING.COM™

Day 4, Meal 4: Post-Workout Meal: Thin-Crust Barbecue Chicken Pizza

Ingredients:

Whole-grain, thin pizza crust, 1
Low-sugar barbecue sauce, 1-1/3 cups
Chicken breast, cooked, 16 oz.
Roasted red peppers, 2 cups
Low-fat mozzarella cheese, 2 cups

Directions:

1. Spread barbecue sauce evenly across the crust.
2. Add red peppers and chicken, then top the pizza with cheese.
3. Bake the pizza according to the crust instructions.

Nutrition Facts:

Serving size: 2 slices
Recipe yields 4 servings

Calories: 618
Fat: 18 g
Carbohydrates: 68 g
Protein: 46 g

