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Bodybuilding Lasagna

Ingredients

- Mince meat
- Whole meal lasagna sheets
- Chopped plum tomatoes
- Herbs (basil, oregano, pepper etc)
- Onions
- Low fat cottage cheese

Directions

1. Cook the onions, mince tomatoes etc., as a normal Bolognese sauce, layer this with the lasagna sheets and cottage cheese (don't use as much as you would with white sauce as it tends to be more fluidy and will just make a soggy mess)
2. Bake for 30 minutes

Individual Pizzas

Ingredients

- Whole meal pita bread
- Tomato puree or chopped tomatoes
- Italian herbs
- Low fat cottage cheese
- Cooked chicken breast
- Mushrooms

Directions

1. Spread puree on pita, top with other ingredients and grill for 10-15 minutes

Lower Carb Mash

Ingredients

- Cauliflower
- Cream or skimmed milk (depending on fat choice)

Directions

1. Steam head of cauliflower and either mash or for a real creamy mash food process into puree with cream/milk

Baked EFA Nibbles

Ingredients

- Sesame seeds
- Linseeds
- Sunflower seeds
- Pumpkin seeds
- Coriander seeds (break these up) Cumin seeds
- Chili flakes

Directions

1. Lightly grease a baking tray and place all the seeds on.
2. Spray with oil and bake for 10-15 minutes.
3. Great nibble for watching a film for those who like crisps etc

Spicy Salsa

Ingredients

- Tin chopped tomatoes
- Chopped onions
- Chopped bell pepper
- Chopped chili pepper
- Lemon juice
- Chili powder

Directions

1. Grill the bell peppers and set aside. Brown off onions in pan and add chopped chili's, add chopped peppers, tomatoes and lemon juice and simmer for five minutes.
2. Nice as a sauce over chicken or as a dip late at night when sat in front of the box.

Low Fat Stuffing

Ingredients

- Two pears
- Three slices of whole meal bread
- Onion
- Sage, parsley and pepper

Directions

1. Peel and dice the pears and onions, dice or crumble the bread, mix with herbs and seasoning and stick it in your choice of poultry and bake for a Sunday roast.

Apple Crumble

Ingredients

- Cooking apples
- 50g oats
- 50g whole meal flour
- Teaspoon olive oil
- Cinnamon

Directions

1. Mix olive oil in with flour, add in oats.
2. Slightly boil the apples but leave them hard.
3. Layer apples in dish, layer oats/flour mix over the top and sprinkle cinnamon over the top.
4. Bake for 20+ minutes until it's crispy on top.

Smart-Tec Rice Pudding

Ingredients

- 100g of pudding rice
- 250ml skimmed milk Water
- Two scoops vanilla wheyfx (or your choice of whey)

Directions

1. Add the milk, water and rice to a pan, boil until the rice is soft and there is a little liquid left in the pan.
2. Leave to cool for a while and mix in wheyfx which will thicken the mixture up and add flavor.