

Cottage Cheese Pizza Bowl

Recipe makes 6 meals

Ingredients

- 48 oz Low Fat Cottage Cheese
- 14 oz Pizza Sauce
- 3.5 oz Pepperoni
- 1.5 cups Reduced Fat Mozzarella Cheese, shredded
- 1/4 cup Grated Parmesan
- 1 Tbsp Ranch Seasoning
- 1/2 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1/2 Tbsp Italian Seasoning
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 363

Fat - 17g

Carbohydrates - 15g

Protein - 38g

***Fiber - 1g**

**Estimated Cost
Per Meal**

\$1.94

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. In a large mixing bowl add in 48 ounces of cottage cheese, 14 ounces of pizza sauce, 1/4 cup grated parmesan, 1 Tbsp ranch seasoning, 1/2 Tbsp garlic powder, 1/2 Tbsp onion powder, and 1/2 Tbsp Italian seasoning. Mix well.**
- 2. Taste your mixture, and add salt and pepper to preference.**
- 3. Portion your cottage cheese mixture out into your meal containers and top each meal with 1/4 cup of shredded mozzarella and your pepperoni.**
- 4. Each day when you are ready to eat one, take it out of the fridge, heat it up in the microwave for 1-2 minutes, mix it up, and enjoy!**



@zachcoen

www.mindbodyandnutrition.com

Notes

- **These are not only quick and easy because you don't have to cook anything, but they are also very versatile. You can load these up with veggies to make them more filling, or enjoy as a dip with your favorite pita bread, crackers, chips, or even veggies.**
- **If you do not like the texture of cottage cheese, these can also be blended into a smooth sauce like texture. Once blended, just top with your mozzarella and pepperoni.**
- **I used a basic pizza sauce, but any brand of pizza sauce or pasta sauce will work with this recipe.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**