

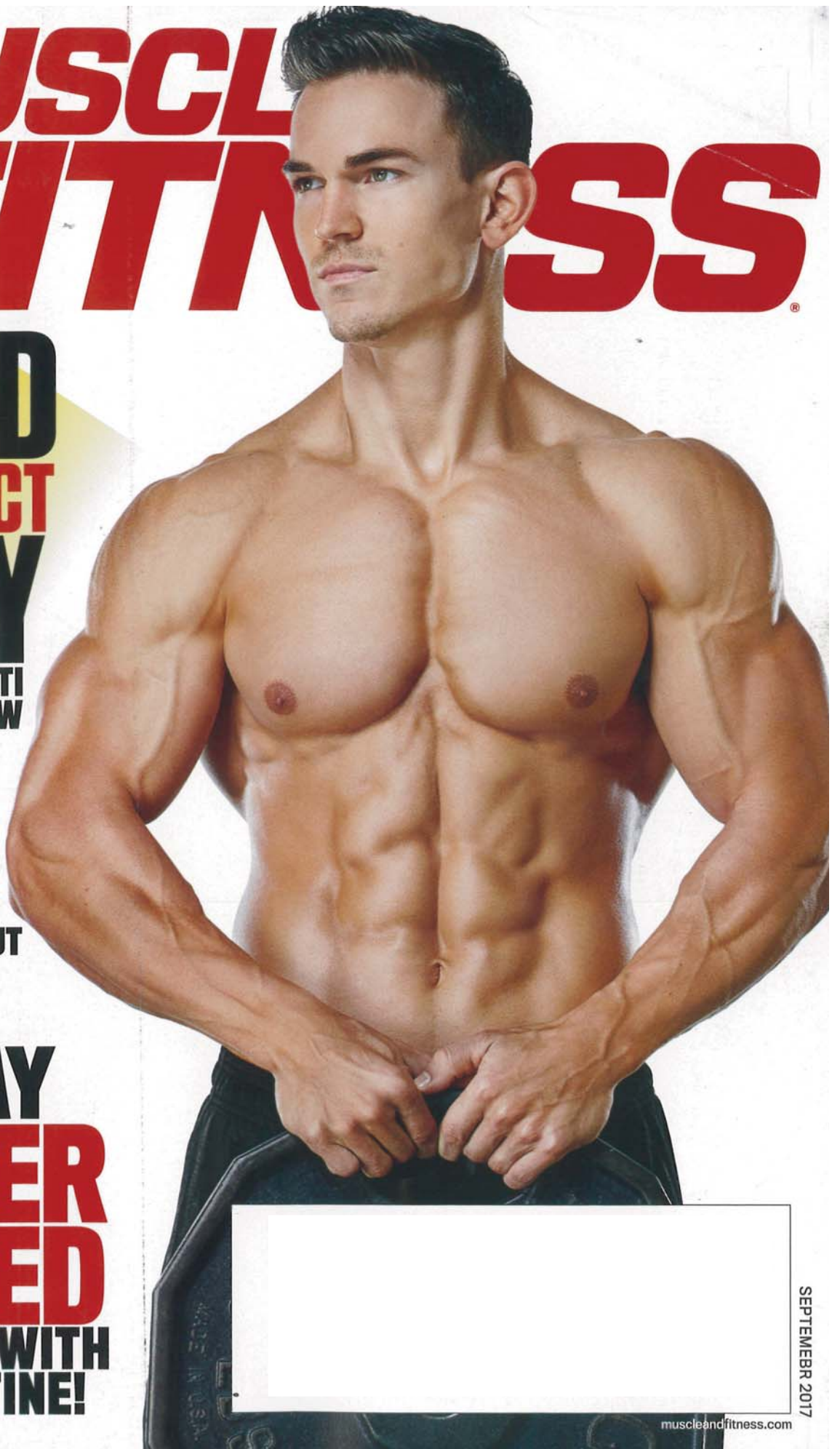
MUSCLE & FITNESS

**BUILD
A PERFECT
BODY**

**ABEL ALBONETTI
SHOWS YOU HOW**

**MORE
MUSCLE**
THE TRUTH ABOUT
BETA-ALANINE

**28-DAY
SUPER
SHRED**
GET LEAN WITH
OUR ROUTINE!



SEPTEMBER 2017

muscleandfitness.com

EAT

ALMOST PIZZA

Love pizza but not all the carbs? We've got mouthwatering solutions.

In many cases, the foods you crave the most are the very ones that can trash your diet. Take pizza, for instance. It's beloved by pretty much everyone on the planet, primarily because it's freakin' delicious. Unfortunately, it's also a high-carbohydrate food that can send blood-sugar levels soaring and soften your physique.

But you don't have to ditch the

food for good. The key is to make creative substitutions using nutritious low-carb alternatives that slash starch but still provide all the classic flavors. The following recipes transform pizza from a notoriously carb-heavy dish into fat-burning fuel so you can indulge your cravings guilt-free—and without the side effect of developing a gut.



TAKE IT OFF

For a chicken pizza with a better protein-to-fat ratio and reduced salt levels, be sure to remove the chicken skin.

PORTOBELLO PIZZA, PITA PIZZA, AND PIZZA SALAD →



PORTOBELLO PIZZA

SERVES 2

- 4 large portobello mushrooms
- 1 tbsp olive oil
- 1 cup jarred marinara sauce
- 2 cups bagged fresh spinach
- 1 cup grated part-skim mozzarella cheese
- 12 slices pepperoni
- 1/3 cup chopped olives
- 1/4 cup fresh basil, torn into pieces

1. Preheat oven to 375°F. Remove mushroom stems and scrape out the dark gills under the mushroom caps with a spoon. Lightly coat mushroom caps with oil.

- 2.** Form 4 small aluminum foil circles and place them on a baking sheet. Place mushroom caps topside down on foil circles. (This prevents soggy.) Bake for 10 minutes.
- 3.** Remove mushrooms from oven and spread them with sauce. Top with spinach, cheese, pepperoni, and olives. Bake for an additional 7 minutes, or until cheese has melted. Garnish with basil and serve.

THE MACROS

407	25g	30g	22g
CALORIES	PROTEIN	CARBS	FAT

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3. Remove mushrooms from oven and spread them with sauce. Top with spinach, cheese, pepperoni, and olives. Bake for an additional 7 minutes, or until cheese has melted. Garnish with basil and serve.



SMART SWAP

Using portobello mushrooms instead of traditional pizza crust reduces carbs by about 19 grams. Per slice!



Wanna Go Meatless?

Daiya, which makes dairy-free, plant-based foods, has come up with the first-ever plant-based, soy-free, gluten-free meatless pepperoni pizza. The pepperoni is made with Daiya's signature blend of mushroom and pea protein crumbles, and the pizza contains just 470 calories per serving (and no trans fat or cholesterol). But the company

churns out a lot more than pepperoni pies. There's also a supreme pizza made with meatless sausage from Beyond Meat, a spinach and mushroom option, a margherita pizza, as well as three other varieties. And none of them contain any dairy, gluten, soy, or meat. So you can eat freely one delicious slice at a time. For more information, go to daiyafoods.com.