



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 275  |
| <b>PROTEIN</b>      | 20 G |
| <b>CARBOHYDRATE</b> | 41 G |
| <b>TOTAL FAT</b>    | 5 G  |

**PREP TIME:** 10 MINUTES  
(15 minutes with homemade sauce)

**COOK TIME:** 8 MINUTES  
(23 minutes with homemade sauce)

**YIELD:** 4 SERVINGS  
**SERVING SIZE:** 1 PITA PIZZA

**1 C** SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE)

**1 C** GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS)

**1 C** BROCCOLI, RINSED, CHOPPED, AND COOKED

**2 TBSP** GRATED PARMESAN CHEESE

**1 TBSP** FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

**4** (6½-INCH) WHOLE-WHEAT PITAS

NONSTICK COOKING SPRAY



## PITA PIZZAS

PERSONAL PITA PIZZAS ARE FUN TO MAKE, AND EVEN MORE FUN TO EAT!

- 01 Preheat oven or toaster oven to 450 °F.
- 02 For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
- 03 Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

✓ Keep ingredients on hand for older children to make pita pizzas for themselves.

✓ Younger children can help top their own personal pizzas.

