



Healthy Pizza

Trader Joe's Whole Wheat Pizza Dough (32g p/192g c/16g f per whole pkg)

1 cup Trader Joe's Low Sugar Tomato Sauce (8g carbs per serving)

assorted veggies

1 1/3 c. part skim mozzarella cheese

Serving size is 1/8 pizza

30g protein/26 g carbs/7.5 g fat