

# eat pizza, lose weight!

While following the Bikini Body Countdown diet plan over the past two months, you may have noticed that one secret to staying on track is finding meals you look forward to. This month we've added new lunch options in the form of our favourite food – pizza! Jaclyn Reutens, dietitian from Aptima Nutrition & Sports Consultants shows us how to indulge without the bulge.

## BEST FOR: THE PURIST

You enjoy making meals from scratch, but you're willing to take a shortcut with a high-quality product as long as it meets your gourmet standards.

- Start with one Wholemeal Tortilla Wrap from Quix (standard size portion: 45g) as a pizza base. This wholegrain base has almost twice the amount of fibre compared to normal dough and gives the pizza a nuttier taste.
- Lightly brush with 1 tablespoon extra-virgin olive oil and top with half a sliced fresh Roma tomato, 5 fresh basil leaves, and 28g of fresh mozzarella.
- Bake for 10 minutes at 230 deg C.

## TOMATO & BASIL PIZZA

### NUTRITION INFORMATION

Nutrient	Ingredients	Wholemeal Pita Bread (45g)	Total
Energy (cals)	141	134	275
Protein (g)	8.2	3.6	11.8
Total Fat (g)	11.2	3.8	15
Carbohydrate (g)	1.7	23	24.7

## BEST FOR: THE TAKEOUT QUEEN

You love sitting down to a good-for-you meal, as long as someone else prepares it!

- Rite Pizza ([www.rite-pizza.com](http://www.rite-pizza.com)) claims to use low-fat cheese, thin crust (when asked) and less oil in its food preparation. It is also halal. If you opt for thin crust, it saves you almost half the calories. Best not to order pizzas with mayonnaise, olives and pepperoni as they are high in fat.

## THIN-CRUST SALSA CHICKEN PIZZA (2 SLICES)

### NUTRITION INFORMATION

Nutrient	Total
Energy (cals)	244
Protein (g)	17.4
Total Fat (g)	11
Carbohydrate (g)	18.3