15 EASY PROTEIN SPARING MODIFIED FAST RECIPES

PSMFDIET.COM
Lose Weight the Healthy Way
A Complete Guide for the Protein Sparing Modified Fast Diet Recipes
Introduction

Even after religiously following several diet plans and doing our routine exercises, many of us struggle to lose that flab and at the end of the day, we are left wondering: why can’t I get this right?

The answer to your query is simple: traditional diet plans won’t work for many of us, marking all our attempts as futile. The reasons for this being failure to properly execute the exercises or having meals without a proper calorie count check, which leave you hungrier and tired at the end of the day.

But have heart, for the solution to diet issues is here: Protein Sparing Modified Fasting.

Lyle Mcdonald, author of the Rapid Fat Loss Handbook, took the clinical form of the protein sparing modified fast, and developed it into a scientific way people could achieve rapid weight loss.

PSMF serves as a temporary diet plan to help you get started in the right direction. PSMF is the most essential scientific crash diet available for the people who want to lose weight quickly. This kind of diet is specifically designed to consume lesser amounts of carbohydrates and fats; people generally do not consume more than thousand calories per day with this diet. It also tells you what kind of foods and recipes you can adopt while following the plan.

For more information on PSMF diet plans, how to follow it and what to expect, you can refer to http://www.psmfdiet.com/.

Given in this ebook are a few basic PSMF diet based recipes to get you going. Try out these yummy and low-calorie recipes for yourself!

Happy Dieting!
An omelet is always perfect for a breakfast or a brunch. And what makes it a greater delight than adding in a few mushrooms? So here is a simple recipe for omelet and mushrooms lovers who are on diet.

No of Servings: 1
Cal: 131.7
Carbs: 3g
Proteins: 14.2g
Fat: 5.2 g

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole egg</td>
<td>1</td>
</tr>
</tbody>
</table>
Onions 2 Tbsp (sliced)
Mushrooms ½ cup (sliced)
Non-stick spray

Steps:

- Slice onions and mushrooms and add them together in a bowl.
- Take one whole egg (or, use of two egg whites only is a better option) and beat it thoroughly in a separate bowl.
- Add the beaten egg to the bowl with mushrooms and onions.
- Take a non-stick pan and spray on it with a non-stick spray.
- Pour all the contents of the bowl on the pan and cook it on medium heat for about 6 to 7 minutes, till each side is pretty golden.
RECIPE #2 – CHEESY STUFFED CHICKEN

Stuffed recipes not only look yummy but taste so too. In this recipe chicken breast contains mouthwatering cheesy stuffing. It is heavily loaded with two kinds of cheese that are very low on fat content and high in proteins. So keep your worries aside and enjoy the dish!

No of Servings: 4
Cal: 381.7
Carbs: 1.5g
Proteins: 54.8g
Fat: 14.9g

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast</td>
<td>6 oz. (boneless and skinless)</td>
</tr>
<tr>
<td>Part skim ricotta cheese</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>Part skim mozzarella cheese</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>Basil pesto</td>
<td>4 Tbsp.</td>
</tr>
</tbody>
</table>

Steps:
• Take a chicken breast cut it in the middle so as to create a pocket for the stuffing.
• Next take a bowl, add ricotta cheese and mozzarella cheese together.
• Add basil pesto to the cheeses.
• Mix all the ingredients thoroughly and keep it aside.
• Take a chicken breast and stuff the mixture inside the breast where the pocket was made.
• Lastly prepare the grill and grill it for 15-20 minutes.
• Remove it and serve hot.

**RECIPE #3 – CREAMY PORK CHOPS**

It’s a delicious recipe of pepper crusted pork chops with sour cream sauce. It can be paired with green beans and served. This very low on carbs and provide protein content as well. Try this out!
No of Servings: 4
Cal: 279
Carbs: 3g
Proteins: 19g
Fat: 14g

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork chops</td>
<td>4 (4 oz.) (boneless and trimmed)</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>shallot</td>
<td>1 (medium and minced)</td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Sour cream (reduced fat)</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>½ Tsp.</td>
</tr>
<tr>
<td>Ground pepper</td>
<td>1 Tsp. (coarse)</td>
</tr>
</tbody>
</table>

**Steps:**

- Take a small bowl and mix pepper and salt together.
- Spread the mixture on both the side of the pork chops.
- Take a shallow plate and add flour to it.
- Dip and roll the pork chops so that it gets well coated.
- Remove the excess flour.
- Take a large skillet and heat the oil. Place the chops in the oil and cook both the side till it's cooked and turns brown. Wrap in the foil to keep it warm.
- In the same skillet add shallot and cook on medium low heat.
- Remove from the heat, mix in the sour cream and salt.
- Garnish and serve.
RECIPE #4 – BEEF and MUSHROOM CASSEROLE

What’s better than beef casserole when served on a diet? Here’s another high-protein recipe to keep your savory and meat needs sated.
No of Servings: 4
Cal: 231.8
Carbs: 14.1g
Proteins: 27.2g
Fat: 6.4g

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>16 oz. (fat trimmed)</td>
</tr>
<tr>
<td>Canola oil</td>
<td>2 Tsp.</td>
</tr>
<tr>
<td>Whole Wheat flour</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Beef stock (low sodium)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Bay leaf</td>
<td>1</td>
</tr>
<tr>
<td>red wine vinegar</td>
<td>1/8 cup</td>
</tr>
<tr>
<td>White onion</td>
<td>1 cup (sliced)</td>
</tr>
<tr>
<td>Baby carrots</td>
<td>1 cup</td>
</tr>
<tr>
<td>Baby mushrooms</td>
<td>1 cup</td>
</tr>
<tr>
<td>Black pepper</td>
<td>¼ Tsp.</td>
</tr>
<tr>
<td>Garlic cloves</td>
<td>4 (sliced)</td>
</tr>
<tr>
<td>Sweet paprika</td>
<td>½ Tsp.</td>
</tr>
</tbody>
</table>

**Steps:**

- Take the meat and trim all the fat before chopping it into pieces.
- Take a large skillet, add oil to it and heat it on the medium high heat.
- Add the meat and cook it for about 4-5 minutes, till it’s no longer pink while stirring regularly.
- Add the vinegar and stir in the wheat flour once the meat changes color.
- Next add the beef stock, and let it cook for another two minutes.
- Remove the meat from the heat and place it in a slow cooker.
- Add the remaining ingredients to the slow cooker.
- Cover the cooker and let it cook on slow for six hours.
  Once the meat is thoroughly cooked inside and all the vegetables are tender, remove it from heat and serve.
RECIPE #5 – Zucchini Noodles with Garlic Shrimp
No of Servings: 4
Cal: 231
Carbs: 11.9g
Proteins: 26.8g
Fat: 9.7g

Ingredients
- 6 zucchini *washed*
- 450 grams (1 lb) shrimp *peeled and deveined*
- 2 cloves garlic *minced*
- 1 teaspoon paprika
- 1/2 teaspoon chili flakes
- the juice of 1 lemon
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons fresh parsley *finely chopped*

Instructions
1. Using a spiral slicer, cut the zucchini into noodles and place them into a colander over a bowl or in the sink.
2. Sprinkle the zucchini with salt and toss to combine. Let the zucchini sit for 15 minutes while the salt extracts the moisture.
3. Meanwhile, combine garlic, paprika, chili flakes, lemon juice, and shrimp in a bowl and mix well.

4. Heat the olive oil in a large skillet over medium high heat. When the pan is hot, add the shrimp and season with salt and pepper. Saute until the shrimp change color.

5. Rinse the zucchini under running water to remove the salt and dry on paper towels.

6. Add the zucchini noodles and parsley to the garlic shrimp, toss to coat and serve.

7. Enjoy!
RECIPES #6 - *CHICKEN and SALSA*

Chicken and salsa is not only a truly great combination but also delicious and low on calorie content.

No of Servings: 6

Cal: 123
Carbs: 4.8g
Proteins: 14g
Fat: 17.5g

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast</td>
<td>1 lb. (shredded)</td>
</tr>
<tr>
<td>Salsa</td>
<td>1-16 oz. can</td>
</tr>
<tr>
<td>Cauliflower crumbles</td>
<td>6 cups</td>
</tr>
<tr>
<td>Red pepper flakes</td>
<td>2 Tsp.</td>
</tr>
</tbody>
</table>
Cumin powder  ½ Tsp.

Steps:

- Take the chicken breast and rub red pepper flakes and cumin powder on it.
- Add the pepper laced chicken to a crock pot or slow pressure cooker and cover it with the salsa.
- Cook the chicken in the crock pot for about 4 hours on high heat or 6 to 8 hours on slow heat.
- Remove the chicken from the pot and shred or pull it apart before adding it back to the pot.
- Add the cauliflower crumbles and seasoning to the crackpot.
- Mix the contents well and let it simmer for a little while.
- If desired, sprinkle it with grated cheese or sour cream topping.
RECIPE #7 - BAKED CHICKEN with HERBS

Who doesn’t love a juicy and baked chicken that smells of exotic herbs and spices? This simple chicken recipe is perfect for meeting the high quality protein requirement!

No of Servings: 1
Cal: 261.2
Carbs: 0.5g
Proteins: 54.5g
Fat: 2.9g
**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast</td>
<td>1 (boneless and skinless)</td>
</tr>
<tr>
<td>Lemon</td>
<td>1 (wedge)</td>
</tr>
<tr>
<td>Thyme (fresh)</td>
<td>1 sprig</td>
</tr>
<tr>
<td>Rosemary (fresh)</td>
<td>1 sprig</td>
</tr>
<tr>
<td>Salt</td>
<td>pinch</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>pinch</td>
</tr>
</tbody>
</table>

**Steps:**

- Take the chicken breast and place it in an oven-safe dish.
- Squeeze the juice from a lemon wedge and rub it all over the chicken breast.
- Snip fresh sprigs of thyme and rosemary and grind them into a fine powder.
- Rub the powdered herbs onto the lemon laced chicken breast.
- Sprinkle salt and pepper over the chicken breast.
- Bake the spiced chicken for about 20-30 minutes at 350 degrees, making sure that it is well cooked all the way through.
RECIPE #8 - BAKED CHICKEN with CHEESE

What’s better than baked chicken? How about baked chicken coupled with cheese and fresh herbs to add a savory taste! A truly delicious dish, that makes up a lunch or supper, so that the chicken lovers can enjoy their favorite food without worrying about calories and carbs.

No of Servings: 1
Cal: 259.5
Carbs: 5.6g
Proteins: 26.4g
Fat: 13.1g

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>¼ cup (grated)</td>
</tr>
<tr>
<td>Butter</td>
<td>½ cup</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>1 pound (boneless and skinless)</td>
</tr>
<tr>
<td>Crackers</td>
<td>2/3 cup (crushed)</td>
</tr>
<tr>
<td>Salt</td>
<td>½ Tsp.</td>
</tr>
</tbody>
</table>
Garlic  ¼ Tsp. (powdered)
Oregano  ½ Tsp.
Basil  ½ Tsp.

Steps:

- Preheat the oven up to 350 degrees.
- Crush the crackers in a fine powder and mince the garlic into a paste.
- In a bowl, add parmesan cheese together with the seasonings and crushed crackers. Mix the ingredients well.
- Next, take a pan and add butter to it. Allow the butter heat and melt.
- Now dip the chicken piece in the butter and spread it evenly over entire the surface of the chicken piece.
- Then, place the chicken piece in the mixture of cracker and cheese.
- Rub the cheesy mixture over the chicken in such a way that the piece gets coated throughout the surface.
- Put the dressed piece of chicken in the baking pan and set it in center of oven.
- Bake for about 30-45 minutes or until chicken seems no longer pink.
RECIPE #9 - CHICKEN and TOMATO SOUP

This is an amazing recipe, especially for the people who are on protein spared modified fast diet as it is specifically developed to be low-carb, low-fat, and high in protein. Therefore prepare this soup and enjoy eating.

No of Servings: 4
Cal: 315
Carbs: 6.3g
Proteins: 51.5g
Fat: 7.0g
**Ingredients** | **Quantity**
---|---
Onion | ½c (diced)
Chicken broth | 8c (nonfat)
Chicken breast | 2 lb. (boneless and skinless)
Cilantro | 1 cup
Jalapeno | 1 (minced)
Cumin | ½ Tbsp.
tomatoes with green chilies | 114 oz. can (fire - roasted)
Vegetable bouillon | 1 cube
Water | 1 cup

**Steps:**

- Take a large pot and combine all ingredients (save the cilantro) with water and chicken.
- Bring it to a boil and reduce the heat to medium – low and let it simmer for about 20-30 minutes or until the chicken is cooked through.
- Take out the chicken from the pot after it is thoroughly boiled and pull it apart into shreds.
- Place the shredded chicken back to the pot and simmer for about 10 minutes.
- Add salt and pepper or any other seasoning as per the individual taste.
- Garnish with cilantro and serve.
RECIPE #10 - EGG and TUNA SALAD

This recipe is ideal for lunch. Tuna is nutrient - dense food, rich in proteins and vitamins with few calories to boost. It is very healthy and beneficial for overall fat loss plan. So here, have a simple tuna salad and complete your routine.

![Tuna Salad]

No of Servings: 4
Cal: 180
Carbs: 7.7g
Proteins: 26.2g
Fat: 4.7g

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>2 (hard boiled)</td>
</tr>
<tr>
<td>Onion</td>
<td>½ cup (chopped)</td>
</tr>
</tbody>
</table>
Grape tomatoes ½ cup
Strawberries 1 cup (halves)
Celery 1 cup (chopped)
Red onion ¼ cup (sliced)
Tuna 1 can (in water)
Carrots ½ cup (shredded)

Steps:

- Take a bowl and add finely chopped onion and celery to it.
- Take the tuna can and drain the saline water from it.
- Add tuna to the mixture of onion and celery.
- Take another plate and put all the vegetables, like carrots, tomatoes, red onions along with strawberries.
- Toss these ingredients lightly and arrange it on the plate or lettuce (optional).
- Finally put tuna on the salad and add the sliced hard boiled eggs on top of it.
- Garnish with mint and seasoning of your preference.
- Sprinkle with some lime juice as well.
RECIPE #11 – *QUICK n’ EASY SALMON CAKES*

This recipe is best suited for dinner and is very easy to make. Salmons are rich in proteins and vitamins. Therefore, it is a must on your dietary plan.

No of Servings: 4
Cal: 216.8
Carbs: 10.5g
Proteins: 25.8g
Fat: 7.8g

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>1</td>
</tr>
</tbody>
</table>
Onion $\frac{1}{2}$ (chopped)
Pink salmon 1 can
Chili powder $\frac{1}{2}$ Tsp.
Celery 1 stalk (chopped)
Green bell pepper $\frac{1}{4}$ cup (chopped)
Breadcrumbs $\frac{1}{2}$ cup

Steps:

- Prepare the salmon by removing any pieces of skin and bones and place it in a bowl.
- Chop the celery, onion and bell pepper and add them in the bowl.
- Crack the eggs and add them to it.
- Add in the breadcrumbs, seasonings, chili powder and salt and mix the ingredients together.
- Take the mixture in your palm with the help of the scoop and pat it into the shape of a cake.
- Place the cakes on an oiled griddle and allow it to cook for till golden brown. Flip the cake to the other side and repeat.
- Remove from the heat and serve after garnishing.
RECIPE #12 – BLANCH PAPRIKA CHICKEN

Delicious and mouthwatering dish!

No of Servings: 6
Cal: 346
Carbs: 17g
Proteins: 36g
Fat: 15g

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast</td>
<td>3 ½ pounds (skinless and trimmed)</td>
</tr>
<tr>
<td>Canola oil</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Onions</td>
<td>4 cups (diced)</td>
</tr>
<tr>
<td>Red bell pepper</td>
<td>1 cup (diced)</td>
</tr>
<tr>
<td>Green bell pepper</td>
<td>½ cup (diced)</td>
</tr>
<tr>
<td>Sweet paprika</td>
<td>2 Tbsp.</td>
</tr>
</tbody>
</table>
All-purpose flour | 1 Tbsp.
Red pepper | 1 Tsp. (crushed)
Ground pepper | ½ Tsp.
Tomato paste | 2 Tbsp.
Coarse salt | ¾ Tsp. (divided)
Butter | 1 Tbsp.
sugar | A pinch
marjoram | 1 Tsp. (dried)
Chicken broth (low sodium) | 1 cup
Fresh parsley | 2 Tbsp.
Sour cream (reduced fat) | ½ cup

Steps:
- Add salt and pepper to the chicken, and set it aside.
- Take a large casserole and heat the oil and butter over it.
- Add onions, sugar, broth, marjoram and stir regularly until the onions are tender and brown.
- Now mix bell peppers, tomato paste, paprika, red pepper and chicken to the onion mixture, stir regularly.
- Cover the pot, simmer for fifty minutes.
- Next whisk sour cream, flour and salt in a small bowl.
- Mix cream mixture in tomato sauce and heat well.
- Return the chicken, combined with the sauce and reheat on low for one minute.
- Remove and garnish with parsley.
RECIPE #13 – *FISH SOUP with SPINACH and MUSHROOM*

It’s a quick and easy to make recipe. Very light, spicy and delicious as well. The spinach and mushroom in the soup enhance your protein levels with low fat and calories. Try out this recipe at least once in your diet!

No of Servings: 8
Cal: 177.4
Carbs: 5.1g
Proteins: 24.1g
**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mushrooms</td>
<td>2 cups (sliced)</td>
</tr>
<tr>
<td>Scallions</td>
<td>3</td>
</tr>
<tr>
<td>Spinach</td>
<td>6-8 oz. (chopped)</td>
</tr>
<tr>
<td>White fish</td>
<td>1.5 lbs. (cubes)</td>
</tr>
<tr>
<td>Vegetable stock</td>
<td>7 cups</td>
</tr>
<tr>
<td>Garlic</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Oil</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Ginger</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>2 Tbsp.</td>
</tr>
</tbody>
</table>

**Steps:**

- Take a pan, pour the oil and heat it. Once it is heated, add garlic, chopped scallions, and ginger and cook them until they get tender.
- Add mushrooms to the pan and cook more for about 2 to 4 minutes.
- Pour in the vegetable stock, vinegar and soy sauce to the mixture.
- Keep it boiling for ten minutes.
- Next add fish and simmer for another 5 minute. See to it that the fish is cooked all the way through.
- Next add chopped spinach and let it steam till tender.
- Lastly add pepper and salt as per your taste before you serve.
RECIPE #14 – LOW CARB TURKEY SOUP

This delicious recipe contains a selection of vegetables and turkey for you to enjoy while dieting. It contains carrots, cauliflower and broccoli along with fat free cheese. This soup is the best way to have a great fill. Try out and enjoy this low carb soup recipe.

No of Servings: 8
Cal: 279.9
Carbs: 7.7g
Proteins: 24.7g
Fat: 16.6g

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground turkey</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>3 tbsp.</td>
</tr>
<tr>
<td>Chicken broth</td>
<td>3 cup</td>
</tr>
<tr>
<td>Carrots</td>
<td>½ cup (frozen)</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 cup (frozen)</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 cup (frozen)</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Quantity</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Basil</td>
<td>1 Tsp.</td>
</tr>
<tr>
<td>Onion powder</td>
<td>2 Tsp.</td>
</tr>
<tr>
<td>Whole milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Light cream</td>
<td>½ cup</td>
</tr>
<tr>
<td>Cheddar cheese (fat free)</td>
<td>8 oz. (shredded)</td>
</tr>
</tbody>
</table>

**Steps:**
- On a large pot, heat the olive oil and add ground turkey meat to it.
- Cook the turkey until it turns golden.
- Drain off any fat, if it is there.
- Put the meat back in the pot and add the chicken broth to it along with onion powder.
- Next add the diced vegetables: carrots, broccoli, and cauliflower.
- Add basil and garlic powder and bring it to a boil.
- Cook the vegetables on low heat for about 20 minutes until they get tender and soft.
- Lastly add cheese with whole milk and light cream.
- Stir until the cheese melts.
RECIPE #15 – CAULIFLOWER CRUST PIZZA

The word pizza makes our mouth water automatically. But sadly, a diet like PSMF restricts us from having our favorite dish, right? Wrong! You can have your slice (or more) of pizza if you keep a check on the carbs and protein count. Using fat free cheese and crust made of cauliflower, this healthy and diet-friendly pizza recipe will leave you both satisfied and craving for more.

No of Servings: 12  
Cal: 214.2  
Carbs: 4.2g  
Proteins: 20.1g  
Fat: 12.8g

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crust:</td>
<td></td>
</tr>
<tr>
<td>Cauliflower rice</td>
<td>2 cups</td>
</tr>
<tr>
<td>Cheese (low fat)</td>
<td>1 cups</td>
</tr>
<tr>
<td>Garlic seasoning</td>
<td>1 Tsp.</td>
</tr>
<tr>
<td>Pizza seasoning</td>
<td>2 Tsp.</td>
</tr>
<tr>
<td>Eggs</td>
<td>2 Lg.</td>
</tr>
</tbody>
</table>
Toppings:

Pizza sauce  
Cheese (low fat)  

1/2 cup  
1 cups

Steps:

• Take all the ingredients of crust in a bowl and mix it well.
• Then remove the batter from the bowl and spread it on the baking dish sprayed with a cooking spray.
• Cover the dish with the thin foil and bake at 450 degrees for about 15-20 minutes or until the color changes to golden brown.
• Remove the pizza from the oven and add the toppings over it.
• Put the pizza back into the oven and let it heat until the cheese melts.
• You can add vegetable toppings to enhance the taste but make sure to check your calorie count.
Conclusion

The recipes are provided in this ebook help you understand the quality and quantity of the meals you will undertake with a PSMF. They are not only easy to make and low on calories, but high on nutrition and packed with taste. Try out these recipes and see for yourself!

Interested in more recipes? Visit us today and learn how to get 50 more at http://www.psmfdiet.com/psmf-recipe-ebook/

To seek out more information on a PSMF and the kind of meal plans you will be making or to find the answer to any of your questions, you can visit http://www.psmfdiet.com/. If you have any questions in regards to any aspect of the diet, be sure to visit the community forums at http://www.psmfdiet.com/forum/index.php.

Make your journey worth it with a PSMF by following these recipes. Have patience, as it will eventually lead to a successful transformation.

Happy Dieting!

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