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Day 6, Meal 5: Bedtime Snack

Ingredients

Cottage cheese, 1 cup
Blueberries, 1/2 cup
Peanut butter, 1 tbsp
Cinnamon, 1 tsp

Directions

1. Melt the peanut butter in the microwave for 10-15 seconds or until runny.
2. Stir in the cottage cheese and blueberries, and top the mixture with cinnamon.

Nutrition Facts

Serving size: 1 bowl
Recipe yields 1 serving

Calories: 306
Fat: 10 g
Carbs: 21 g
Protein: 33 g