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Day 5, Meal 3: Pre-Workout Meal: Stuffed Baked Potato

Ingredients:

Baked sweet potato, 1 medium
Chicken breast, chopped, 3 oz.
Low-fat cheddar cheese, shredded, 1/4 cup
Bell peppers, diced, 1/4 cup
Hot sauce, to taste

Directions:

1. Preheat your oven to 425 degrees F.
2. Wash the potato, and pat it dry with a paper towel. Poke holes all over the skin with a fork.
3. Wrap the potato in foil, and bake it for 50-60 minutes or until soft.
4. Remove the foil, cut the potato in half lengthwise, and add the chicken, cheese, peppers, and hot sauce.

Nutrition Information:

Serving size: 1 stuffed potato
Recipe yields 1 serving

Calories: 303
Fat: 7 g
Carbs: 32 g
Protein: 28 g