

Post-Workout meal: Spicy Burrito with minced meat and veggies (Hot)



Nutrition Facts

Amount Per Burrito

Calories	456 kcal
Protein	50g
Carbohydrate	33.4g
Fat	13.3g
Dietary Fiber	3.9g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 150g Minced meat (low-fat)
- 50g Tomatoes
- 30g Paprika
- 30g Leaf salad
- 20g Onion
- 10g Garlic
- 100g Cottage cheese (low-fat)
- 1 Wrap (45g)
- 5ml Tabasco
- Cumin

Preparation:

Cut onion and garlic and roast it until golden brown. Add a bit of cumin. Afterwards add minced meat and roast it for another 10-12 minutes. Finally add paprika and flavor it with salt and pepper. Roast it for 4-5 minutes. Spread cottage cheese on the wrap and add some fresh tomatoes and leaf salad. Add minced meat, onions, garlic and paprika and a bit of tabasco (hot!). One burrito gives you 456 kcal with 50 grams of protein - ideal to gain muscles. If you don't know your needed calorie intake check out our [Calorie Calculator](#). If you need your personalized Meal Plan, you can get it [here](#). Enjoy this tasty burrito and stay fit!



Product recommendations for this fitness recipe: