



SKINNY PASTA PROTEIN ALFREDO SAUCE



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Protein Alfredo Sauce

- 225g 0% Cottage Cheese
- 340ml 0% Milk
- 45g Parm Cheese
- 10g Garlic
- 3g Arrowroot Powder
- Italian Seasoning to taste
- Salt & Pepper to taste
- 15g scallions & parsley to taste (garnish at the end)

Whole Meal

- 115g Alaskan Cod
- 1 Package of [Skinny Pasta](#)
- 75g of Sweet Peas

Other Protein Options

- Shrimp
- Scallops
- Chicken
- Any other low fat protein options

Other Vegetables Options

- Tomatoes, Zucchini, Eggplant, Cauliflower, Broccoli - whatever you have in the fridge

If you have room for more fat in your macros:

- Add a bit of bacon or ham. SOOO GOOD! Little goes a long way here.

Directions:

1. [Here is a video on how I did everything.](#)
2. Mix & blend everything listed under Alfredo Sauce on the left (minus scallions) in a [Ninja food processor](#) for 30-60 seconds. Voila! Your sauce is ready.
3. Spray a medium sized pan with [0% fat avocado oil spray](#) and add your vegetables into a pan.
4. Spray another pan with 0% fat avocado oil spray and cook your protein - cod, shrimp, scallops, chicken , etc. and cook until ready. You can also [air fry](#) your protein or bake in the oven. Or use previously prepped protein.
5. Rinse & drain your Skinny Pasta. Add to pan.
6. Combine everything with 1/4 of your Alfredo sauce or 1 serving and cook on medium heat until the sauce starts to thicken. It will thicken as it warms up over the course of 2-3 minutes!
7. Serve hot with your protein. Garnish with scallions and parsley.
8. Save & refrigerate the remainder of your sauce in a [mason jar](#) for tomorrow. Yum yum!

These macros do not include vegetables, pasta or protein.

Macros per serving of sauce:

118 calories per serving

- 11.7g Protein
- 10g carbs
- 3.2g fat



THOR
The magic awaits you