Pizza "Meat-Meat"

Cooking Instructions

- 1 Prepare dough: Mix flour, water, olive oil, and salt. Knead and let rest for 1 hour.
- 2 Cook toppings:
 - Sauté onion and garlic until golden.
 - Add minced beef and cook until browned.
 - Add grated carrot and bell pepper, cook for 3–4 minutes.
- 3 Preheat oven to 220°C (428°F).
- 4 Roll out dough and spread tomato paste.
- 5 Layer toppings: Spread the cooked mixture, add grilled chicken, and sprinkle mozzarella.
- 6 Season with black pepper, thyme, and fresh parsley.
- 7 Bake for 12–15 minutes until crust is crisp and cheese is melted.

Why meat? Meat has played a central role in human evolution and dietary habits for millennia. Early humans were hunter-gatherers, relying heavily on animal protein to fuel their physical and cognitive development. Anthropological evidence suggests that the consumption of meat contributed to the growth of the human brain, providing essential nutrients like iron, zinc, and vitamin B12.

However, not all meat is created equal. While lean meats such as chicken, turkey, and certain cuts of beef can be beneficial when consumed in moderation, other types of meat may pose health risks. Processed meats like sausages, bacon, and salami have been linked to increased risks of heart disease and certain cancers due to their high sodium and preservative content.

Cultural and religious beliefs also shape meat consumption. In many traditions, certain animals are considered sacred or forbidden. For example, pork is prohibited in Islam and Judaism, while beef is avoided by many Hindus. These dietary laws are often rooted in historical, environmental, or spiritual reasoning and continue to influence food choices today.

From a nutritional standpoint, meat provides complete proteins, which are vital for muscle repair and immune function. Yet, modern dietary guidelines emphasize balance — encouraging the inclusion of plant-based proteins, legumes, and whole grains alongside meat. Ethical concerns around factory farming and environmental sustainability have also led to a rise in alternative proteins, such as lab-grown meat and plant-based substitutes.

In conclusion, while meat remains a staple in many diets, its health impact depends on the type, preparation method, and frequency of consumption. Understanding these nuances is key to making informed dietary decisions — especially when indulging in comfort foods like pizza.

🭕 Pizza Ingredient Table

Ingredient	Grams	Protein (g)
Whole wheat flour	150	6
Water	100	0
Olive oil	100	0
Salt	30	0
Tomato paste	60	2
Carrot (grated)	50	0.5
Chicken breast (grilled, diced)	70	18
Minced beef (lean)	80	20
Red bell pepper (sliced)	40	1
Onion (sautéed)	30	1
Mozzarella cheese	50	10
Fresh parsley	5	0.5
Garlic (minced)	5	0.5
Black pepper & thyme	3	0

Meat Source	Protein	Calories
Chicken Breast	31	165
Salmon	25	206
Turkey Breast	29	135
Lean Beef	26	250
Pork Loin	27	242
Tuna (canned)	30	132

Health Notes

- Protein-rich: Chicken and lean beef provide high-quality protein for muscle repair and satiety.
- Vegetable boost: Carrots and bell peppers add fiber, beta-carotene, and vitamin
 C.
- Balanced fats: Olive oil and mozzarella offer healthy fats in moderation.
- Flavorful yet light: Herbs and garlic enhance taste without adding calories.

This pizza is ideal for a hearty lunch or post-training meal, especially if you're looking to combine lean meats with fiber-rich veggies.