

ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S
MARKET

HEALTHY GROUND TURKEY TERIYAKI BOWLS

TERIYAKI SAUCE

- 1/2 cup Coconut Aminos
- 1/4 cup water
- 2 TBSP Red Wine Vinegar
- 2 TBSP Organic Coconut Palm Sugar
- 2 TBSP Monkfruit Sweetener (you can cut sugars in half if you want it less sweet)
- 2 TSP minced garlic
- 1 TSP ground ginger
- 1 TBSP cornstarch
- 2 TBSP warm water

Mix coconut aminos, water, red wine vinegar, sugars, garlic and ginger in small saucepan over medium heat. Whisk until sugar is dissolved.

Whisk together 2 TBSP warm water and cornstarch until completely dissolved

Heat sauce over med-high heat. Slowly whisk in cornstarch mix and simmer until thickened. Remove from heat and set aside.

Heat oil in large skillet over med-high heat. Add onions and cook down.

GROUND TURKEY

- 1 TBSP avocado oil
- 1/2 cup diced onion
- 2 TBSP minced garlic
- 1 LB ground turkey
- 1-1/2 cups finely chopped broccoli
- 1 small zucchini-grated (squeeze out excess water)
- 2 large carrots peeled and grated
- 2 diced green onions - garnish
- 4 cups cooked rice (brown, white, quinoa, etc)

Add in ground turkey and garlic - cook until turkey is halfway cooked. Add grated veggies and cook until turkey is no longer pink. (make sure no liquid is left in pan)

Pour teriyaki sauce over cooked turkey mix. Stir. Then simmer about 5 minutes to mix flavors.

Spoon over rice and enjoy!

