

Ashley's Meal Prep Monday!



Build-Your-Own Buddha Bowl



INGREDIENTS

2 lbs ground turkey
1 half yellow onion
1-2 zucchini
4-5 sweet potatoes
handful or two spinach
half a can of black beans
cauliflower rice
avocado oil
taco seasoning
garlic salt/powder
salt/pepper



Cut up all of the veggies and cube the sweet potatoes. I cooked the ground turkey in the same way I would if I was making tacos - following directions on the back of the taco seasoning packet. Set aside and throw in some frozen riced cauliflower - follow directions on package. Easy peasy, right? In a separate pan, cook down the sweet potatoes for about 10 minutes before adding in the onion and zucchini for another 5-7 minutes. Cut heat to low, add in a handful or two of spinach and sprinkle in some garlic salt and/or powder. Add in ground turkey, cauliflower rice and beans, Stir well and remove from heat. Add red pepper flakes, cheese, and/or whatever else sounds good.

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