

Ashley's Meal Prep Monday!



Ground Turkey Protein Bowl

INGREDIENTS

2 lb ground turkey
1 medium onion
minced garlic
coconut aminos
fresh thyme
garlic salt
salt/pepper
bunch of asparagus
1 large zucchini
1 cup or so of chopped kale
Extras: 1 can of black beans,
cauliflower rice, scrambled
egg whites, pesto

This is one of my go-to weekly meal preps that can be doctored up with whatever carb/starch you want to add.

I start by sauteing a medium onion in minced garlic. Add in the ground turkey and when it's halfway cooked, drizzle some coconut aminos in. While this is cooking, I'll air fry some asparagus and zucchini (all you need is a little oil and garlic powder - airfry at 375 for 13-ish minutes, shaking halfway).

Once ground turkey is close to being cooked through, add in fresh thyme, chopped kale, and if you want, a can of black beans. Once the veggies are done, throw those in too. Sprinkle in some garlic salt and salt/pepper. I usually add more coconut aminos or I'll throw some pesto on top.



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