

Macro and Nutrient Bowl

Category: Main

Serves: 1

Ingredients:

100 grams sweet potato
4 oz. chicken, 4 oz. turkey breast, 4 oz. salmon, tempeh
½ cup mushrooms, sauteed
½ tsp. Ghee
Splash tamari or coconut aminos
1.5 oz. avocado
1 cup spinach or romaine lettuce
1 tbsp. Pesto (recipe on blog)

Optional:

Sprinkle nutritional yeast
Sprinkle hemp seeds
Sprinkle sesame or poppy seeds

Method of Preparation:

1. Preheat oven 375F degrees.
2. Wash sweet potato, poke with fork, wrap in foil and place in oven for approximately 45 minutes, or until tender and soft.
3. Bake chicken, turkey breast, salmon or tofu the way you enjoy. I personally bake turkey breast of a sprayed baking sheet with seasons (curry powder, cumin, turmeric garlic powder, salt, black pepper, OR oregano, garlic powder, salt, and black pepper) for 30 minutes at 365F degrees.
4. Saute mushrooms with ghee on medium high heat until soft and mildly crispy. Splash with tamari towards the at end of cooking.
5. Place baked sweet potato, protein option, mushrooms, avocado, greens (spinach or lettuce) and pesto in bowl.

***This bowl an easy to go, if you meal prep carbohydrates and protein for the week.

***Feel free to use any measurements you feel. These macros are based on the measurements above.

Macros:

348 calories | 14g fat | 26g carbohydrates | 29g protein