



Korean Beef Bowl



prep time
5 minutes



total time
15 minutes



servings
5-8

Ingredients

- 2lb./900 grams Ground Beef or Turkey
~ 25 servings of protein
- 1/4 cup Honey ~ 4 servings of carb
- 1/4 cup Low Sodium Soy Sauce or Tamari or coconut aminos
- 1 tbsp Ginger
- 3-4 Garlic Cloves
- 1 tsp Sriracha
- 1 big handful of Coleslaw Mix
~ 1 serving of veggies
- 1 handful of Sugar Snap Peas
~ 1 serving of veggies
- Top with Green Onions and Sriracha

Instructions

- 1 Brown the meat over medium heat in a skillet on the stovetop.
- 2 Add honey, soy sauce/coconut aminos, ginger, garlic, sriracha. Stir in until beef is cooked and crispy.
- 3 Portion out your ground meat and add in coleslaw mix, sugar snap peas and top with green onions and sriracha.

*You could add rice for carb or riced cauliflower for added bulk to the meal.



Whole Recipe Breakdown:
25 Servings Protein
4 Servings Carb
0 Servings Fat
2 Servings Veggies