



Burger Bowls



prep time
10 minutes



total time
20 minutes



servings
3-4

Ingredients

Burger Bowls Meat:

- 1 pound/450 grams ground beef
~ 12.5 protein servings
- 4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon avocado or refined coconut oil ~ 1/3 fat serving

Burger Bowls:

- 2 small heads romaine sliced and root discarded ~ 4 veggie servings
- 1 1/2 cups cherry or grape tomatoes halved ~ 1.5 veggie servings
- 1/2 cup pickles plus more to taste ~ 0.5 veggie servings
- 1 cup red onion thinly sliced ~ 1 veggie serving
- 2 avocados peeled, pitted and sliced ~ 4-6 fat servings

Instructions

- 1 In a medium bowl, mix together beef, garlic powder, and salt. Heat avocado or coconut oil in a large skillet, over medium heat, then add beef and brown, crumbling with a spatula or spoon.
- 2 While the beef cooks, prepare remaining elements for the burger bowls.
- 3 Make easy guacamole: In a medium bowl, mash together avocado, lemon juice, and 1/2 teaspoon salt, chopped cilantro.
- 4 When beef is browned and crumbled, remove from skillet and return skillet to medium heat. Add red onions in a single layer and cook until lightly charred on the bottom, then flip. Cook until lightly charred on the second side then remove and repeat until all onions are lightly cooked.



- 5 Assemble: start with a layer of romaine in your serving bowls, then spoon 1/4 of the ground beef mixture into the center. Arrange remaining items around the beef: tomatoes, pickles, red onion, and sliced avocado. Serve and enjoy.

Whole Recipe Breakdown:

12.5 servings protein

0 servings carb

~4-6 servings fat

7 servings veggies

simple bowl meal

