

Egg Roll Bowl

Recipe makes 6 meals

Ingredients

2lbs 93/7 Ground Turkey
1 head Cabbage, shredded
3 oz Carrots, finely diced
6 Garlic Cloves, minced
1/4 C Soy Sauce
3 Tbsp Rice Vinegar
3 Tbsp Sesame Oil
1 Tbsp Sriracha (optional)
1/4 tsp Ginger
3/4 C Wonton Strips, topping
1/4 C Green Onions, chopped, topping
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 363

Fat - 19g

Carbohydrates - 18g

Protein - 32g

Estimated Cost
Per Meal

\$2.42

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Instructions

1. Start by heating a large skillet or wok over medium-high heat. Preferably a wok due to the volume of food being cooked.
2. Shred your cabbage and set aside. Chop your carrots, garlic, and green onions and set them aside as well.
3. In a bowl add in 1/4 cup of soy sauce, 3 Tbsp rice vinegar, 3 Tbsp sesame oil, 1/4 tsp ginger, 1 Tbsp sriracha (optional for heat), and your minced garlic. Mix well and set aside.
4. When your turkey is browned and cooked all the way through, add in your shredded cabbage, diced carrots, and the sauce you prepared in step 3. Mix everything together and let it cook for 10 minutes, stirring occasionally.
5. Once it's done, taste it and add salt and pepper to preference.
6. Portion out into your meal containers and add your green onions on top. Add 2 Tbsp of wonton strips each day after reheating. Do not add them before or they will get soggy.
7. Enjoy!

Notes

- This is a SUPER low carb meal. I intentionally left it this way because I know some people prefer lower carbs. If you want to add a little rice to this to make it more filling with more calories and carbs, you can. I would recommend cooking 1 cup of dry rice (600 calories total). Then divide that up across your meals. That will add 100 calories and 23g of carbs to each meal.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.