

Big Mac Bowl

Recipe makes 6 meals

Ingredients

- 2 lbs Southern Hash Browns (diced potatoes)
- 1 lb 93/7 Lean Ground Beef
- 7 oz bag Fat Free Mild Cheddar, Shredded Cheese
- 1 medium White Onion, chopped
- 1/2 head Lettuce, chopped
- 1/2 cup G Hughes Sugar Free Secret Sauce Burger
- 1/4 cup Dill Relish, or Diced Pickles
- 2 Tbsp Cooking Oil
- 1 Tbsp Worcestershire Sauce
- 1 Tbsp Garlic Powder, divided
- 1 tsp Sesame Seeds, optional
- 1 tsp Onion Powder
- 1 tsp Paprika
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 407
Fat - 15g
Carbohydrates - 37g
Protein - 30g
***Fiber - 4g**

Estimated Cost
Per Meal

\$2.60

   @zachcoen

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Instructions

- 1. Start by heating a large skillet over medium-high heat and start browning your beef, breaking it up as it cooks.**
- 2. After your ground beef is cooked through, add in your chopped onions, mix together, and cook for 2-3 minutes.**
- 3. Once your onions are translucent, reduce the heat to low and add in 1/2 cup of your burger sauce, 1/4 cup dill relish, 1 Tbsp Worcestershire sauce, 1/2 Tbsp garlic powder, and salt and pepper to preference. Mix well and let this cook on low for 2-3 minutes, then remove it from the skillet and set it aside.**
- 4. Place that same skillet over medium-high heat and add in 2 Tbsp of cooking oil. Once your oil is hot, add in your bag of hash browns, give it a mix, cover, and let these cook for 10-12 minutes, stirring halfway through.**
- 5. When your hash browns are cooked to your liking, add 1/2 Tbsp garlic powder, 1 tsp onion powder, 1 tsp paprika, and mix gently. These will be delicate and break apart easily if you overmix. Give it a taste, and add salt and pepper to preference.**
- 6. Once everything is done cooking, portion out your diced potatoes and beef mixture into your meal containers. Top with your shredded cheese and a little bit of sesame seeds (optional). Divide your chopped lettuce into separate sealable bags or containers and add to your meals each day after reheating.**
- 7. Enjoy!**

Notes

- **If you cannot find this particular burger sauce, pretty much any burger sauce will work. You can also use a thousand island dressing or make a homemade Big Mac sauce. There are lots of recipes for it online.**
- **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.**