



4 Week Meal Guide

WEEK 3

WEEK 3

Hey it's me again, your guide and mentor, seeing how week 2 has gone for you? Have you managed to stay with the plan, or perhaps changed a few meals to suit you better?



I wanted to make sure you are not skipping meals, as I know how busy you are and always putting the needs of the family before yours. Remember you are doing this for you - the New You, so make sure you are maintaining that.

Keep it going. Skipping meals will cause the blood sugars to drop and then you will reach for anything, so plan, plan, and plan some more so you have food to hand before you get too hungry and reach for the chocolate bar or muffin.

In week 3 we have some mouthwatering recipes. Spinach and sweet potato frittata that you could make the night before and have it hot or cold. Yummy. And for when the sweet tooth kicks in, try the apple and creamy sunflower dip for a healthy snack. The protein from the nut butter will balance the blood sugars and keep you fuller for longer.

We all have days where things don't go to plan. If you happen to fall off track, don't worry! Remember each day is a new beginning, and you can pick up your meal plan from where you left off.

You've got this,

Angela

PREPARATION SCHEDULE

| Day | Preparation | Notes |
|----------|--|--|
| 0 Sun | Grocery shop | Grab the Week 1 grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have |
| | Freeze the ground turkey | You'll be reminded later on in the week when to set it to than |
| | Make the Slow Cooker Black Bean Soup | Combine all the ingredients in your slow cooker and cook on high for 4 hours or low for 6 hours. Move on to other tasks while it's cooking. When done, divide into individual servings and let cool. Store enough for Monday and Tuesday in the fridge, freeze the leftover portions for Week 2 and 3. Note: If you are making more than 6 servings at a time, you may need to make it on the stove top in a large stock pot instead of the slow cooker. See notes on recipe for further instructions |
| | Make the Cranberry Protein Cookies | While the cookies are baking, move onto the next step. Once done, let cool and store the cookies in a container in the fridge |
| | Make the Pumpkin Pie Baked Oatmeal | Follow the recipe instructions to mix the oatmeal batter and transfer to a pan. Once the cookies are done, turn the oven up to 375F and bake the oatmeal for 40 minutes. Once done, remove from oven and let cool. Divide into portions and store covered in the fridge |
| | Chop celery and portion out hummus and almond butter for snacks. Portion out the cashews for the Cashews & Clementines snack | Store celery in a container or ziplock baggie in the fridge. Store hummus and almond butter in small containers in the fridge. Store cashews in small baggies or jars |
| | Make Marinated Veggie Salad | Transfer to an airtight container and store in the fridge |

PREPARATION SCHEDULE

| Day | Preparation | Notes |
|--------------|---|--|
| | Optional: Cook Roasted Chicken | If you know you will be short on time Monday night, roast your chicken for the week now and store in a container in the fridge for use during the week |
| 1 Mon | Pack your meals if you are on-the-go | Pumpkin Pie Baked Oatmeal, Cranberry Protein Cookies, Slow Cooker Black Bean Soup, and Apple with Almond Butter |
| | Make Roasted Chicken and enjoy with MARinated Veggie Salad for dinner | If you haven't roasted your chicken yet, do so now. Store the leftovers in an airtight container in the fridge |
| 2 Tue | Pack your meals if you are on-the-go | Pumpkin Pie Baked Oatmeal, Cranberry Protein Cookies, Slow Cooker Black Bean Soup, and Apple with Almond Butter |
| | Make Mushroom Garlic Quinoa to enjoy with Roasted Chicken for dinner | Reheat a serving of the chicken and serve with Mushroom Garlic Quinoa. Add some leftover quinoa to a container with the remaining Marinated Veggie Salad to enjoy for lunch tomorrow. Store the remaining quinoa in a separate container. |
| 3 Wed | Pack your meals if you are on-the-go | Pumpkin Pie Baked Oatmeal, Cashews & Clementines, Marinated Veggie Salad with Mushroom Garlic Quinoa, and Apple with Almond Butter |
| | Make Hummus Roasted Broccoli & Cauliflower to enjoy with Roasted Chicken for dinner | Reheat a serving of the chicken and enjoy with the Hummus Roasted Broccoli & Cauliflower. Add elftover broccoli and cauliflower to a container with the remaining Mushroom Garlic Quinoa to enjoy for lunch tomorrow |

PREPARATION SCHEDULE

| Day | Preparation | Notes |
|--------------|--|---|
| 4 Thu | Make Pumpkin Pie Protein Smoothie | Combine ingredients in blender and blend until smooth |
| | Pack your meals if you are on-the-go | Pumpkin Pie Protein Smoothie, Cranberry Protein Cookies, Mushroom Garlic Quinoa with Hummus Roasted Broccoli & Cauliflower, and Celery & Hummus |
| | Make Oven Roasted Kale to enjoy with Roasted Chicken for dinner | Reheat Roasted Chicken and serve with Oven Roasted Kale. Enjoy! |
| | Take one serving of Slow Cooker Black Bean Soup out of the freezer to thaw | For lunch tomorrow |
| 5 Fri | Make Pumpkin Pie Protein Smoothie | Combine ingredients in blender and blend until smooth |
| | Pack your meals if you are on-the-go | Pumpkin Pie Protein Smoothie, Cashews & Clementines, Slow Cooker Black Bean Soup and Celery & Hummus |
| | Take ground turkey out of the freezer | Let thaw in the fridge for use over the weekend |
| 6 Sat | Make Turkey Apple Breakfast Hash for breakfast | Follow the recipe and enjoy. Divide leftovers into a container for tomorrow's breakfast |
| | Pack your meals if you are on-the-go | Turkey Apple Breakfast Hash, Cranberry Protein Cookies, Roasted Sweet Potato & Brussels Sprouts Salad and Banana with Almond Butter |
| | Make the Pumpkin Mac 'n Cheese with a side of Oven Roasted Kale for dinner | Divide enough leftover Mac 'n Cheese and Oven Roasted Kale into containers for lunch tomorrow |

PREPARATION SCHEDULE

| Day | Preparation | Notes |
|----------|--|--|
| 7 Sun | Pack your meals if you are on-the-go. | Turkey Apple Breakfast Hash, Cashews & Clementines, Pumpkin Mac 'n Cheese with OVEN Roasted Kale and Banana with Almond Butter |
| | Shop and prep for next week. | Grab the grocery list and recipes for Week 2. See the Week 2 Prep Guide for more meal prep guidance |
| | Make Spicy Sweet Potato, Turkey & Kale Bowl for dinner | Enjoy this easy dinner after prepping for next week! Divide leftovers into containers for tomorrow's lunch |

SHOPPING LIST

Fruit

- 6 Apples
- 9 Bananas
- 12 Clementines
- 4 Limes

Breakfast

- 500g Almond Butter
- 200g Maple Syrup

Seeds, Nuts & Spices

- 4g Black Pepper
- 206g Cashews
- 4g Cayenne Pepper
- 8g Chili Powder
- 4g Cinnamon
- 13g Cumin
- 3g Garlic Powder
- 26g Ground Flax Seed
- 13g Paprika
- 18g Poultry Seasoning
- 28g Pumpkin Seeds
- 28g Sea Salt
- Sea Salt & Black Pepper

Vegetables

- 240g Baby Spinach
- 455g Broccoli
- 528g Brussels Sprouts
- 280g Butternut Squash
- 2 Carrots
- 1 head Cauliflower
- 16 Stalks Celery
- 149g Cherry Tomatoes
- ½ Cucumber
- 17 Garlic
- 672g Kale Leaves
- 127g Matchstick Carrots
- 384g Mushrooms
- 200g Red Onion
- 4 Sweet Potatoes
- 1 White Onion
- 1 Yellow Bell Pepper
- 2 Yellow Onion

Boxed & Canned

- 2.1kg Black Beans
- 220g Brown Rice Macaroni
- 1.5kg Diced Tomatoes
- 792g Lentils
- 255g Quinoa

Cold

- 2 Eggs
- 1.4l Unsweetened Almond Milk

Condiments & Oils

- 59ml Apple Cider Vinegar
- 15ml Avocado Oil
- 15ml Coconut Oil
- 8g Dijon Mustard
- 203ml Extra Virgin Olive Oil
- 60g Tahini

Baking

- 8g Arrowroot Powder
- 3g Baking Powder
- 30g Dried Unsweetened Cranberries
- 54g Nutritional Yeast
- 284g Oats
- 8g Pumpkin Pie Spice
- 1.2kg Pureed Pumpkin
- 14ml Vanilla Extract

Bread, Fish, Meat & Cheese

- 907g Extra Lean Ground Turkey
- 615g Hummus
- 3.6kg Whole Roasting Chicken

Other

- 121g Vanilla Protein Powder
- 1.6l Water

PUMPKIN PIE BAKED OATMEAL


6 servings


45 minutes

Ingredients

490g Pureed Pumpkin
2 Eggs
160g Maple Syrup
5g Pumpkin Pie Spice
5ml Vanilla Extract
3g Baking Powder
3g Sea Salt
240ml Unsweetened Almond Milk
203g Oats (rolled or quick)
26g Ground Flax Seed
28g Pumpkin Seeds



Method

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage: Store covered in the fridge up to 4-5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free: Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins: Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20-25 minutes, or until the muffins are cooked through.

Nutritional amount per serving



307 kcals



8g fat



51g carbs



10g protein



8g fiber

PUMPKIN PIE PROTEIN SMOOTHIE


2 servings


10 minutes

Ingredients

480ml Unsweetened Almond Milk
245g Pureed Pumpkin
2 Bananas (frozen)
5ml Vanilla Extract
2g Pumpkin Pie Spice
49g Vanilla Protein Powder



Notes

No Pumpkin Pie Spice: Use cinnamon instead

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm It Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small saucepan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Method

1. Place all the ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Nutritional amount per serving



270 kcals



4g fat



40g carbs



23g protein



8g fiber

TURKEY APPLE BREAKFAST HASH



4 servings



35 minutes

Ingredients

454g Extra Lean Ground Turkey
 3g Cinnamon
 9g Poultry Seasoning
 15ml Avocado Oil
 160g Red Onion (diced)
 2 Garlic (cloves, minced)
 176g Brussels Sprouts (trimmed and halved)
 280g Butternut Squash (peeled and cubed)
 2 Apples (cored and diced)
 2g Sea Salt (to taste)



Method

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarian: Use lentils instead of ground turkey.

Leftovers: Store covered in the fridge up to 3 days.

Nutritional amount per serving



325 kcals



14g fat



31g carbs



24g protein



7g fiber

CRANBERRY PROTEIN COOKIES



8 servings



20 minutes

Ingredients

1 Banana (mashed)
 24g Vanilla Protein Powder
 81g Oats
 250g Almond Butter
 1g Cinnamon
 30g Dried Unsweetened Cranberries



Notes

Serving Size: One serving is equal to one cookie.

Leftovers: Store in the fridge for up to 4 days or in the freezer for up to 3 months,

Method

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Nutritional amount per serving



266 kcals



18g fat



19g carbs



10g protein



5g fiber

CASHEWS & CLEMENTINES



6 servings



5 minutes

Ingredients

206g Cashews
12 Clementines



Method

1. Divide into bowls and enjoy!

SLOW COOKER BLACK BEAN SOUP



12 servings



4 hours

Ingredients

59ml Extra Virgin Olive Oil
2 Yellow Onions (finely diced)
4 Stalks Celery (diced)
2 Carrots (large, chopped)
12 Garlic (cloves, minced)
13g Cumin
2g Cayenne Pepper
2.1kg Black Beans (cooked, drained and rinsed)
1.5kg Diced Tomatoes
948ml Water
4 Limes (juiced)



Method

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.

2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 4 days. Freeze for up to 2 months.

Serving Size: One serving equals approximately 1.5 cups.

Toppings: Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top: If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Nutritional amount per serving



267 kcals



16g fat



29g carbs



7g protein



4g fiber

Nutritional amount per serving



318 kcals



6g fat



51g carbs



17g protein



17g fiber

CELERY & HUMMUS


6 servings


5 minutes

Ingredients

12 Stalks Celery (cut into sticks)
369g Hummus
3g Paprika (optional)



Method

1. Sprinkle hummus with paprika for some added flavour (optional).
Dip, dunk and enjoy!

APPLE WITH ALMOND BUTTER


4 servings


5 minutes

Ingredients

4 Apples
125g Almond Butter

Notes

Nut-Free: Usesunflower seed butter instead of almond butter.



Method

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm!

Nutritional amount per serving



159 kcals



11g fat



12g carbs



5g protein



5g fiber

Nutritional amount per serving



287 kcals



18g fat



31g carbs



7g protein



8g fiber

BANANA WITH ALMOND BUTTER

 **2 servings**  **2 minutes**

Ingredients

- 2 Bananas
- 63g Almond Butter

Notes

Nut-Free: Usesunflower seed butter instead of almond butter.



Method

1. Slice banana.
2. Dip in almond butter.
3. Bam.

ROASTED CHICKEN

 **8 servings**  **2 hours**

Ingredients

- 3.6kg Whole Roasting Chicken
- 30ml Extra Virgin Olive Oil
- 12g Sea Salt
- 3g Black Pepper
- 9g Poultry Seasoning
- 9g Paprika

Notes

Roasting Time: If you are using a bigger or smaller chicken, adjust the roasting time to be about 30 minutes per pound.

Leftovers: Meat can be kept for up to 3 days in a covered container in the fridge.

Save Time: Buy a pre-roasted chicken.



Method

1. Preheat oven to 350°F (177°C).
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Nutritional amount per serving



297 kcals



18g fat



33g carbs



8g protein



6g fiber

Nutritional amount per serving



541 kcals



16g fat



2g carbs



93g protein



1g fiber

MARINATED VEGGIE SALAD



4 servings



20 minutes

Ingredients

59ml Apple Cider Vinegar
 30ml Extra Virgin Olive Oil
 3g Sea Salt
 900mg Cayenne Pepper
 182g Broccoli (chopped into small florets)
 ½ Cucumber (diced)
 127g Matchstick Carrots
 1 Yellow Bell Pepper (finely sliced)
 40g Red Onion (finely sliced)
 149g Cherry Tomatoes (halved)
 96g Mushrooms (sliced)
 396g Lentils (cooked, drained & rinsed)



Method

1. Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
2. Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

Serving Size: One serving is approximately 1 ½ cups.

Mix It Up: Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

No Lentils: Serve with chickpeas, chicken or flaked tuna.

Cheese Lover: Add crumbled feta or goat cheese.

Nutritional amount per serving



241 kcals



8g fat



34g carbs



13g protein



11g fiber

MUSHROOM GARLIC QUINOA



6 servings



20 minutes

Ingredients

255g Quinoa (uncooked)
 622ml Water
 11ml Extra Virgin Olive Oil
 288g Mushrooms (thinly sliced)
 3 Garlic (cloves, minced)
 Sea Salt & Black Pepper, to taste



Notes

Serve It With: Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

Leftovers: Refrigerate in an airtight container up to 4 days or freeze up to 1 month.

Method

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
3. In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Nutritional amount per serving



184 kcals



4g fat



29g carbs



8g protein



3g fiber

HUMMUS ROASTED BROCCOLI & CAULIFLOWER


4 servings


25 minutes

Ingredients

273g Broccoli (chopped into florets)

1 Head Cauliflower (chopped into florets)

246g Hummus

Sea Salt & Black Pepper, to taste



Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.

No Broccoli or Cauliflower: Use zucchini, brussel sprouts, peppers, kale, eggplant, fennel or squash instead.

Method

1. Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
2. In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
3. Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

OVEN-ROASTED KALE


2 servings


25 minutes

Ingredients

168g Kale Leaves (roughly chopped)

15ml Extra Virgin Olive Oil

2g Sea Salt (or more to taste)



Notes

No Kale: Use collard greens instead.

Likes It Spicy: Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

Method

1. Preheat oven to 375°F (191°C). Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

Nutritional amount per serving



206 kcals



12g fat



21g carbs



10g protein



8g fiber

Nutritional amount per serving



89 kcals



8g fat



4g carbs



2g protein



3g fiber

ROASTED SWEET POTATO & BRUSSELS SPROUTS SALAD



4 servings



30 minutes

Ingredients

2 Sweet Potatoes (medium, sliced into 1 inch cubes)
 352g Brussels Sprouts (washed and halved)
 15ml Extra Virgin Olive Oil
 Sea Salt & Black Pepper, to taste
 60g Tahini
 20g Maple Syrup
 59ml Water (warm)
 450mg Cayenne Pepper (less if you don't like it spicy)
 750mg Sea Salt
 396g Lentils (cooked, drained & rinsed)
 240g Baby Spinach (chopped)



Method

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts: Use broccoli instead.

No Lentils: Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Nutritional amount per serving



355 kcals



12g fat



50g carbs



17g protein



16g fiber

PUMPKIN MAC N' CHEESE



4 servings



20 minutes

Ingredients

220g Brown Rice Macaroni (dry)
 240ml Unsweetened Almond Milk
 8g Arrowroot Powder
 3g Garlic Powder
 54g Nutritional Yeast
 8g Dijon Mustard
 245g Pureed Pumpkin
 20g Maple Syrup
 Sea Salt & Black Pepper, to taste



Method

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 5 days.

Serving Size: One serving is approximately 1 ½ cups.

Spice Lover: Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein: Add cooked diced chicken, chickpeas or lentils.

More Vegetables: Add wilted spinach, kale and/or sauteed mushrooms.

Nutritional amount per serving



313 kcals



3g fat



58g carbs



13g protein



8g fiber

SPICY SWEET POTATO, TURKEY & KALE BOWL



4 servings



25 minutes

Ingredients

2 Sweet Potatoes (medium)
15ml Extra Virgin Olive Oil
8g Chili Powder
900mg Cayenne Pepper (optional)
15ml Coconut Oil
1 White Onion (diced)
454g Extra Lean Ground Turkey
3g Sea Salt
1g Black Pepper (optional)
168g Kale Leaves (finely diced)



Method

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
4. Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time: Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian: Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on it's own in step 3.

Nutritional amount per serving



319 kcals



17g fat



19g carbs



24g protein



5g fiber