

Big Mac In A Bowl!

Prep Time: 15 Min **Cook Time:** 10 Min **Total Time:** 25 Min
Serves 1

Ingredients

150 g extra lean ground beef

Seasonings of choice (I use garlic powder, onion powder, pepper)

1/4 c onions - finely chopped

1/4 c dill pickles - finely chopped

3/4 c iceberg lettuce - finely chopped

1-2 Tbsp Thousand Island dressing (I use Walden Farms - 0 calories)

14 g cheddar cheese

Instructions

- 1 Cook up extra lean ground beef, drain fat and return to pan
- 2 Add seasonings of choice
- 3 Remove beef from heat & mix in pickles & onion
- 4 Spread lettuce on plate, add beef mixture and Thousand Island dressing
- 5 Sprinkle with cheese

Notes

I've also eaten just the ground beef with mustard and pickles (Phase 2). You could also add tomato to this recipe.

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