



# EATING CLEAN: PROTEIN BOWLS

# Breakfast Greens Bowl

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVES: 1

## Ingredients

2 tbs ghee or olive oil  
½ cup shredded Brussels sprouts  
½ cup chopped kale  
1 tbs water  
Sea salt and black pepper, to taste  
½ cup cooked white rice  
½ lime, juiced  
3 large eggs  
1 tbs ghee or oil (for eggs)  
1 tablespoon chopped green onions

## Directions

- 1. Prepare the greens:** Have your Brussels sprouts and kale prepped and ready. Heat a large skillet over medium heat with 2 tablespoons of ghee or olive oil.
- 2. Sauté the greens:** Add the shredded Brussels sprouts and cook for about 30 seconds, then add the kale and sprinkle with a tablespoon of water. Stir to cook down, then season with sea salt, black pepper, and any other preferred seasonings. Once softened, remove from the skillet.
- 3. Cook the white rice:** In the same skillet, add ½ cup cooked white rice. Season with salt, pepper, and a squeeze of lime juice. Stir occasionally and cook for 2-3 minutes until warmed through.
- 4. Cook the eggs:** Crack 3 large eggs into the skillet and cook sunny side up. Cover with a lid and cook until the whites are set and the yolks remain runny, about 1.5-2 minutes.
- 5. Assemble the bowl:** Place the cooked eggs on top of the greens and rice and chopped green onions for extra flavor.
- 6. Serve & enjoy**



## Macros

- Calories 480/serving
- Protein 35g
- Carbs 50g
- Fat: 12g

# Taco Beef Bowl

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVES: 1

## Ingredients

1/2 avocado, sliced  
8 oz 93/7 lean ground beef  
1 tsp taco seasoning  
1 cup shredded lettuce  
1/2 tomato, cubed  
2 tbsp grated cheddar cheese  
1/4 cup black beans, drained  
and rinsed  
1/2 tbsp non-fat yogurt  
Fresh cilantro, chopped (for  
topping)

## Directions

- 1. Pre-Cook the Beef:** Heat a skillet over medium heat. Add the lean ground beef and break it apart as it cooks. Sprinkle in the taco seasoning and continue cooking until browned and fully cooked, about 5-7 minutes.
- 2. Assemble the Bowl:** In a serving bowl, start with a base of shredded lettuce. Add black beans, cooked beef, cubed tomato, and grated cheddar cheese on top.
- 3. Garnish & Serve:** Add sliced avocado and a dollop of non-fat yogurt. Sprinkle with fresh cilantro.
- 4. Serve**



## Macros

- Calories 650/serving
- Protein 65g
- Carbs 22g
- Fat: 26g

# Spicy Cashew Chicken Noodle Bowl

PREP TIME: 15 MIN

COOKING TIME: 15 MIN

SERVES: 2

## Ingredients

*For the Noodles & Stir-Fry:*

4 oz rice noodles

8 oz chicken breast, thinly sliced

1-2 tbs avocado oil

½ tbs minced garlic

2 tbs chopped green onion (white ends only)

½ medium red bell pepper, chopped

½ medium green bell pepper, chopped

½ medium zucchini, chopped

⅓ cup roasted cashews

## Directions

- Cook the Noodles:** Cook rice noodles according to package instructions. Drain, rinse with cold water, and set aside.
- Prepare the Sauce:** In a small bowl, whisk together chicken broth, tamari, rice vinegar, grated ginger, black pepper, salt, tapioca starch, honey, and red pepper flakes. Set aside.
- Cook the Chicken:** Heat 1 tablespoon avocado oil in a large skillet or wok over medium-high heat. Add sliced chicken and cook for 4-5 minutes until golden brown and fully cooked. Remove from the pan and set aside.
- Stir-Fry the Veggies:** In the same pan, add another ½ tablespoon of oil if needed. Add garlic, green onion, bell peppers, and zucchini. Stir-fry for 3-4 minutes until slightly softened but still crisp.



## Macros

- Calories 650/serving
- Protein 50g
- Carbs 65g
- Fat: 22g

# Spicy Cashew Chicken Noodle Bowl (cont'd)

PREP TIME: 15 MIN

COOKING TIME: 15 MIN

SERVES: 2

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## Ingredients

*For the Sauce:*

*¼ cup chicken broth*

*1 ½ tbs low-sodium tamari*

*½ tbs rice vinegar*

*½ tbs grated ginger*

*½ tsp black pepper*

*¼ tsp salt*

*½ tbs corn starch*

*¾ tbs honey*

*½ tsp red pepper flakes*

*(adjust to taste)*

## Directions

5. **Combine Everything:** Return the cooked chicken to the pan. Pour in the sauce and stir to coat everything evenly. Cook for 1-2 minutes until the sauce thickens. Add the cooked rice noodles and roasted cashews, tossing everything together until well combined.

6. **Serve**



## Macros

- Calories 650/serving
- Protein 50g
- Carbs 65g
- Fat: 22g

# Ginger Beef & Broccoli Bowl

PREP TIME: 15 MIN

COOKING TIME: 15 MIN

SERVES: 2

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## Ingredients

### *For the Beef:*

8 oz skirt steak, thinly sliced

1 tsp minced garlic

1 tsp freshly grated ginger

1 tbs rice vinegar

½ tsp salt

2 tbs avocado oil

### *For the Veggies:*

1 large carrot, julienned

1 head broccoli, cut into florets

1 tbs avocado oil

2 tsp minced garlic

1 tsp freshly grated ginger

### *For the Stir-Fry Sauce:*

4 tablespoons tamari

2 tablespoons honey

1 tablespoon tapioca starch

1 teaspoon sesame oil

## Directions

**1. Marinate the Beef:** In a bowl, mix sliced beef with garlic, ginger, rice vinegar, salt, and 1 tablespoon avocado oil. Let marinate for at least 15 minutes (or up to 1 hour for more flavor).

**2. Prepare the Stir-Fry Sauce:** In a small bowl, whisk together tamari, honey, tapioca starch, and sesame oil. Set aside.

**3. Cook the Veggies:** Heat 1 tablespoon avocado oil in a large pan or wok over medium-high heat. Add garlic, ginger, carrots, and broccoli. Stir-fry for 3-4 minutes until slightly tender but still crisp. Remove from pan and set aside.

**4. Cook the Beef:** In the same pan, add the remaining 1 tablespoon of avocado oil. Add marinated beef in a single layer and cook for 2-3 minutes per side until browned and cooked through.

**5. Combine Everything:** Return the veggies to the pan with the beef. Pour in the stir-fry sauce, stirring quickly to coat everything. Cook for another 1-2 minutes until the sauce thickens and coats the beef and veggies.



## Macros

- Calories 600/serving
- Protein 45g
- Carbs 65g
- Fat: 18g

# Ginger Beef & Broccoli Bowl

PREP TIME: 15 MIN

COOKING TIME: 15 MIN

SERVES: 2

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## Ingredients

*For the Bowls:*

2 cups cooked jasmine rice  
1 medium green onion stalk,  
thinly sliced

Toasted sesame seeds

*Toasted Sesame Sauce:*

2 tbs tahini  
1-2 tbs water  
2 tsp honey  
1 tsp sesame oil  
2 tsp soy sauce  
1/8 tsp salt  
1 tsp toasted sesame seeds

## Directions

**6. Make the Sesame Sauce:** In a small bowl, whisk together tahini, water, honey, sesame oil, tamari, salt, and toasted sesame seeds until smooth. Adjust water for desired consistency.

**7. Assemble the Bowls:**

Divide cooked jasmine rice into two bowls.  
Top with beef and veggie stir-fry.  
Drizzle with toasted sesame sauce (if using).  
Garnish with sliced green onions and toasted sesame seeds.



## Macros

- Calories 600/serving
- Protein 45g
- Carbs 65g
- Fat: 18g

# Honey Garlic Chicken Bowl

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

SERVES: 2

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## Ingredients

*For the Chicken:*

2 tsp extra-virgin olive oil  
1½ lbs boneless, skinless  
chicken breast, cut into ½-  
inch cubes

Salt & black pepper

3 tbsp honey

3 tbsp soy sauce

3 cloves garlic, minced

¼ tsp red pepper flakes

*For the Bowl Base:*

1 cup cooked jasmine or brown  
rice (½ cup per bowl)

1 cup steamed broccoli

2 tbsp chopped green onions

2 tbs cashews

Sesame seeds for garnish

## Directions

- 1. Prep the Chicken:** Season chicken cubes with salt and black pepper.
- 2. Cook the Chicken:** Heat oil in a large skillet over medium-high heat. Add chicken and sauté for 5-7 minutes until golden brown and cooked through.
- 3. Make the Sauce:** In a small bowl, mix honey, soy sauce, garlic, and red pepper flakes. Pour over chicken, reduce heat to medium, and simmer for 2-3 minutes until the sauce thickens and coats the chicken.
- 4. Assemble the Bowls:** Add ½ cup cooked rice to each bowl. Top with half the chicken mixture. Add steamed broccoli. Garnish with chopped green onions, cashews and sesame seeds if desired.

**5. Serve**



## Macros

- Calories 560/serving
- Protein 45g
- Carbs 45g
- Fat: 20g