

# TACO BOWL



## INGREDIENTS:

1/4 small avocado, diced  
5 oz meatless grounds or beef  
(141g)  
2 tbsp cheese-dairy or non dairy  
(28g)  
2 tbsp red onion, diced (20g)  
1/2 cup brown rice, cooked (82g)  
1 tsp taco seasoning (2g)  
to taste fresh cilantro

## DIRECTIONS:

1. Cook brown rice according to package instructions (or buy pre-cooked brown rice for time saving) and transfer to a serving bowl.
2. Cook meatless grounds or ground beef and season with taco seasoning and transfer to the serving bowl with remaining ingredients.

*Calories: 384 / Protein: 37g / Carbs: 43g / Fat: 12g*