

# Spicy Tuna Bowls



Yields: 3 servings



Cook Time: 20 minutes

## Ingredients

- 3 C Cauliflower Rice
- 1 Tbsp seasoned rice vinegar
- 3 (5 oz) cans of tuna, *drained*
- 1 Persian cucumber, *thinly sliced*
- 1/2 tbsp black sesame seeds
- 2 green scallions, *thinly sliced*
- Spicy Mayonnaise
  - 3/4 C light mayonnaise
  - 1 1/2 Tbsp Sriracha
  - 1 tsp sesame oil

## Directions

- Steam cauliflower rice until tender. While rice is still hot, mix in rice vinegar. Taste and add more vinegar if needed. Add 1 cup of cauliflower sushi rice to each meal prep container
- In a large bowl, add spicy mayonnaise ingredients. Mix until evenly blended. Add tuna to bowl. Mix until tuna is evenly coated in spicy mayonnaise. Add tuna to the meal prep containers, dividing evenly between the three containers.
- Add cucumbers to each meal prep container. Garnish with black sesame seeds and scallions. Keep containers stored in the fridge for up to 3 days.

# Big Mac Salads

Yields: 6 servings

Cook Time: 20 minutes

## Ingredients

- 1 lb Ground beef
- 1 tsp Sea salt
- 1/4 tsp Black pepper
- 8 oz Romaine lettuce (or iceberg if desired)
- 1 cup Tomatoes (chopped)
- 3/4 cup Cheddar cheese (shredded)
- 1/2 cup Pickles (diced)
- Dressing:
  - 1/2 cup Mayonnaise
  - 2 tbsp Pickles (diced)
  - 2 tsp Mustard
  - 1 tsp White vinegar
  - 1/2 tsp Smoked paprika

## Directions

- Cook ground beef in a skillet over high heat. Season with sea salt and black pepper. Cook for ~ 7-10 minutes, until the beef is browned.
- Meanwhile, mix all the dressing ingredients. If dressing is thicker than you like, thin out with water. Refrigerate until ready to serve.
- Combine the remaining salad ingredients in a large bowl. Add the ground beef. Toss with dressing.

# Cajun Shrimp Stir Fry



Yields: 4 servings



Cook Time: 25 minutes

## Ingredients

- 1 pound shrimp
- 2 Tablespoons olive oil divided
- 2 cloves garlic minced
- 1 ½ Tbsp cajun seasoning divided
- 1 large zucchini sliced
- 2 bell peppers cubed

## Directions

- Toss shrimp in a bowl with 1 tbsp of oil, garlic, and ½ tablespoon of cajun seasoning. Set aside.
- Heat remaining oil and seasonings over medium heat in a large pan, then add the vegetables. Cook for 4-5 minutes.
- Remove vegetables and set aside in a bowl.
- Add the shrimp to the pan and cook until shrimp is pink and cooked, about 5 min.
- Put vegetables back in the pan and cook until heated through, 3-4 minutes.

# Asian Lettuce Cups



Yields: 4 servings



Cook Time: 25 minutes

## Ingredients

- 1 lb ground chicken
- 2 tsps sesame oil
- 1 C red onion, chopped
- 2 garlic cloves, minced
- 2 green onions, chopped
- 8 romaine lettuce leaves, rinsed
- 1/2 cup canned water chestnuts, chopped (optional)
- **Sauce:**
  - 5 tbsp low sodium soy sauce or coconut aminos
  - 1 tsp sriracha sauce
  - 1/2 tsp garlic powder
  - 2 tsps rice wine vinegar
  - 1 tbsp swerve or sweetener of your choice

## Directions

- Combine all of the sauce ingredients and mix well until well combined. Set aside.
- Heat a large skillet on medium heat. Add the oil, once hot, add red onion, garlic cloves and saute for 1-2 minutes.
- Add the ground chicken, salt and pepper to taste and cook for 3-4 minutes or until chicken is browned.
- Pour in the sauce, green onions and water chestnuts (if desired); combine all and cook for 1-2 minutes.
- Layer the lettuce and distribute the filling evenly into each of the lettuce, top with green onions or garnish with chopped peanuts.