



MACROS:
calories: 322
net carbs 2g
protein: 15 g
fat 27 g

Ingredients:

1/4 cup sesame oil
1/4 onion, chopped
2 cloves garlic chopped
1 lb ground beef, or meat of choice
salt to taste
2 cups riced cauliflower
1/2 cilantro, chopped
-any chopped veggies, such as:
bell pepper, jalapeños, green onion,
zucchini, red cabbage, avocado,
seeds...

dressing:

8 T Soy Sauce or coconut amino acids
4 T sesame oil
4 tsp garlic powder
4 T monk fruit
4 T apple cider vinegar
8 T avocado oil (can use olive oil)
1 T orange extract

Whisk together to Pour on Buddah bowl

Directions:

Heat skillet, Add chopped onion and garlic. Sauté until tender, add ground beef, or whatever meat you've chosen, salt and cook completely while chopping into tiny bits with spatula. Set aside. If not using pre packaged riced cauliflower, rice 1/2 cauliflower in blender. Cook in microwave for 3-4 minutes, and set aside with meat.

Chop whatever veggies you have chosen to top your Buddah Bowl with and you are ready to assemble:

If desired, you can line your plate or bowl with lettuce to get those extra veggies in, add 1/3 c of the meat on one side, 1/3 c of the riced cauliflower on the other, and top with whatever veggies you have chosen, and pour 1/4 of the dressing over the entire bowl. Makes 4 servings. Macros are for beef, cauliflower and dressing only. Add the macros to whatever vegetables you have chosen to top with.