



BROWN RICE CHICKEN & STEAK BURRITO BOWL						
INGREDIENT	QUANTITY	CALS	PROT. (g)	CARBS (g)	FATS (g)	
CHICKEN BREAST (BONELESS/SKINLESS)	500 g (2 breasts)	825	155	0	18	
STEAK (TENDERLOIN)	400 g (2 medallions)	992	80	0	72	
BROWN RICE (COOKED)	2 cups	432	10	90	3.6	
BLACK BEANS	540 ml (1 can)	389	26	78	2	
CORN KERNELS (OPTIONAL)	2.5 cups	473	18	103	8	
TOMATO	3, medium sized	75	3	15	0	
ENGLISH CUCUMBER	1 half	47	2	11	0.3	
RED ONION	1, medium sized	60	1	16	0	
AVOCADO	2	480	6	27	45	
GREEK YOGURT (NON-FAT)	1 cup	120	20	9	0	
CHEDDAR CHEESE	250 g	996	58	8.3	83	
LIME (JUICE FROM)	1	20	0.5	7	0.1	
CILANTRO	9 sprigs	5	0.4	0.7	0.1	
GARLIC	3 cloves	9	0.5	2	0	
BATCH TOTAL CALS & MACROS		CALS	PROT. (g)	CARBS (g)	FATS (g)	
		4923	380.4	367	232.1	
PER SERVING TOTAL CALS & MACROS		#OF SERVINGS				
		CALS	PROT. (g)	CARBS (g)	FATS (g)	
		6	820.50	63.40	61.17	38.68
		7	703.29	54.34	52.43	33.16
		8	615.38	47.55	45.88	29.01
		MACRO RATIO		31%	29%	40%

INSTRUCTIONS

CHICKEN & STEAK: SEASON WITH SALT + PEPPER, AND/OR YOUR FAVOURITE SPICE MIX, AND GRILL OR BROIL TILL DONE. SLICE & DIVIDE EQUALLY PER SERVING SIZE.

TIP: LOWER THE FAT CONTENT BY REDUCING/REMOVING: CHEDDAR CHEESE

BLACK BEANS: SIMMER IN A SAUCE PAN ON MED-LOW WITH 1/3 OF THE ONION (DICED), 1 CLOVE OF THE GARLIC, AND 2 TBSP OF WATER UNTIL WARMED THROUGH AND SOFTENED (ABOUT 20 MIN), SALT + PEPPER TO TASTE (*FRESH HERBS LIKE THYME & OREGANO GO WELL HERE ALSO, AS DOES 1 TSP OR 2 OF RAW COCAO FOR A QUICK MOLE*). DIVIDE EQUALLY PER SERVING SIZE.

TIP: CUT SOME CARBS BY REDUCING/REMOVING: CORN KERNELS

PICO DE GALLO: DICE UP THE CUCUMBER, 2 OF THE TOMATOES, 1/3 OF THE ONION, 1/2 OF THE CILANTRO, 1 CLOVE OF THE GARLIC AND PLACE IN A BOWL. TOSS WITH THE CORN KERNELS, THE JUICE OF HALF OF A LIME, SEASON WITH SALT + PEPPER TO TASTE. FOR EXTRA LIME FLAVOUR ADD SOME GRATED LIME ZEST AND TOSS UNTIL WELL MIXED. DIVIDE EQUALLY PER SERVING SIZE.

TIP: FOR EVEN FEWER CARBS, SUBSTITUTE THE RICE WITH A BED OF ICEBERG LETTUCE

GUACAMOLE: DICE UP THE REMAINING TOMATO, ONION, GARLIC, & CILANTRO. PLACE IN A BOWL ALONG WITH THE FLESH FROM BOTH AVOCADOS, THE JUICE & ZEST OF 1/2 LIME, 1 TSP OF CUMIN, SALT & PEPPER TO TASTE. MASH WITH A FORK UNTIL IT REACHES DESIRED CONSISTENCY. DIVIDE EQUALLY PER SERVING SIZE.

ASSEMBLE: PREPARE RICE AS PER PKG & DIVIDE INTO EQUAL PORTIONS. PLACE IN BOWLS WITH 1 PORTIONED AMOUNT OF THE ABOVE, TOP WITH EQUALLY DIVIDED YOGURT & CHEDDAR CHEESE.