



MEXICAN MEAL PREP BOWLS

NUTRITION

per serving - approx.

609 calories

93g carbs

9g fats

44g protein

Prep Time 5 Mins

Cook Time 15 Mins*

Total Time 20 Mins*

Makes 4 Servings

INGREDIENTS

- 1 Tbsp olive oil
- 1 pound chicken breast, diced
- 1 Tbsp taco seasoning (Gluten Free optional)
- 2.5 cups cooked rice (see optional instapot recipe)
- 4 cups shredded lettuce
- 1 can black beans, drained and rinsed
- 1 can sweet corn, drained and rinsed
- 1 lime
- 1 jalapeno (optional), sliced
- 1/4 cup salsa (optional)

INSTRUCTIONS

1. Start by cooking the chicken if the rice is already made. Toss the chicken in taco seasoning. Start with rice if made with an Insta Pot or pressure cooker.
2. Heat oil over medium-high heat on a skillet. Once hot, add chicken and cook until browned, about 7-8 minutes.
3. Once the chicken is cooked, assemble the bowls evenly! Add cooked rice, shredded lettuce, and drained and rinsed corn and beans.
4. Top with lime, jalapeños slices, and salsa and enjoy right away or keep refrigerated until ready to eat for up to 4 days.

*add 5 minutes if making rice