

# MEAL PREP: BREAKFAST BOWLS

TEXAS PERFORMANCE NUTRITION



## Ingredients

- 1-2 Bell Peppers
- 1 Jalapeno
- 1.5 Cups Instant Brown Rice
- 1 lb. Ground turkey
- 6 Eggs
- 1/2 Cup Frozen Diced Onions
- Taco Seasoning

## Directions

1. Chop your veggies
2. Heat 1-2 tbsps. of canola oil. Add diced onion and cook until soft
3. Add ground meat and cook until it's no longer pink
4. Add in the spices, diced peppers and jalapeno
5. Add in the eggs and stir
6. Portion it out: Serve a scoop in each container until gone

