CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Beef & Rice Bowl

Balanced Energy & Training Fuel

www.consciousrewire.com

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What This Supports

Supports carbohydrate replenishment and protein intake.

Why It Works

Rice provides accessible energy while beef contributes protein and iron.

Ingredients

Beef and Rice Bowl

Ingredients:

lb grass-fed or organic ground beef

cup cooked rice

red Thai chilies

-3 tbsp grass-fed butter or ghee

/4 cup fresh herbs

-2 tbsp olive oil

Salt and pepper to taste

Directions

cup cooked rice

. Heat butter or ghee in a pan on low/medium-low with chopped chilies.

. Add in ground beef. Cook most of the way through.

. Add in cooked rice and stir to combine.

. Remove from heat and top with olive oil, herbs, and spices.

Best Use

Ideal pre- or post-training meal.

Food Notes & Safety

Cool cooked rice promptly and reheat thoroughly.

Storage & Reheating

Refrigerate up to three days.