CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Beef Stir-Fry

High-Protein & Vegetable Variety

www.consciousrewire.com

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What This Supports

Supports protein intake and vegetable diversity.

Why It Works

Quick cooking preserves texture and nutrients.

Ingredients

Beef Stirfry

Ingredients:

tbsp coconut oil or ghee

lb flat iron steak, sliced into thin strips

tbsp ginger

large bok choy, chopped

broccoli crown, cut into bite sized pieces

zucchini, matchstick

tbsp coconut aminos

Directions

Beef Stirfry

. In heated pan add coconut oil or ghee and sear steak 1-2 minutes per side.

. Reduce heat to medium and add in remaining cooking oil, ginger, broccoli, and coconut aminos. Cook for an additional minute.

. Stir in bok choy and cook for one more minute.

. Stir in zucchini and cook until desired doneness (note: zucchini cooks quick, watch it)

Best Use

Use as a fast weekday dinner.

Food Notes & Safety

Cook beef thoroughly and handle vegetables safely.

Storage & Reheating

Refrigerate up to three days.