CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Taco Cracker

Protein-Rich Snack Meal

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What This Supports

Supports protein intake and savory satisfaction.

Why It Works

Ground beef and vegetables provide protein and fiber layered on a simple base.

Ingredients

Taco Cracker

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Salad:

2 tbsp ghee

lb ground beef

.5 cups each: chopped cauliflower, carrot, broccoli, asparagus

tsp salt

Dressing:

/4 cup each: olive oil, good quality balsamic vinegar

-2 tbsp tumeric paste

-2 tbsp cayenne pepper

Topping:

-3 tbsp homemade cream cheese (strained yogurt)

tsp MCT oil

Garnish: 1 tbsp fermented salsa

Cilantro 1-2 tbsp avocado

Flaked salt

Nutritional yeast

Directions

. Heat ghee in pot on medium low, add beef once melted. Stir to break into crumbles.

. Once half cooked add in vegetables and stir to combine. Once veggies have deepened in colour remove from heat.

. Stir dressing ingredients together with a fork in a separate bowl. Pour over meat and vegetable base and stir to combine.

Best Use

Use as a snack-style meal or light dinner.

Food Notes & Safety

Cook meat thoroughly.

Storage & Reheating

Consume fresh or refrigerate components briefly.