CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Taco Salad

Budget Protein & Batch Prep

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What This Supports

Supports budget-friendly protein intake and vegetable volume.

Why It Works

Ground meat combined with vegetables and spices creates a filling salad suitable for batch preparation.

Ingredients

Taco salad

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lb ground venison

tbsp fat (bacon fat, grass fed ghee, grass fed butter)

-2 tbsp each:

Salt

Turmeric

Cumin

Coriander

Oregano

Smoked paprika

Pepper

Cayenne

head romaine lettuce

-2 cups chopped red cabbage

-3 grated carrots

5 cups chopped green onion

5 cups chopped white onion

cup chopped cilantro

-3 tbsp chopped ginger

Top with:

Olive oil

Avocado

Fermented salsa

Chia seeds

Directions

. Cook meat on low with cooking ft of choice until mostly done. Add in spices and cook until done. Remove from heat and set aside.

. Chop veggies and add to bowl. Mix like you would a salad.

. Once the meat is completely cooled, add to salad and mix.

Best Use

Best used for lunches or family meals.

Food Notes & Safety

Cool cooked meat before mixing with vegetables.

Storage

Refrigerate up to three days.