



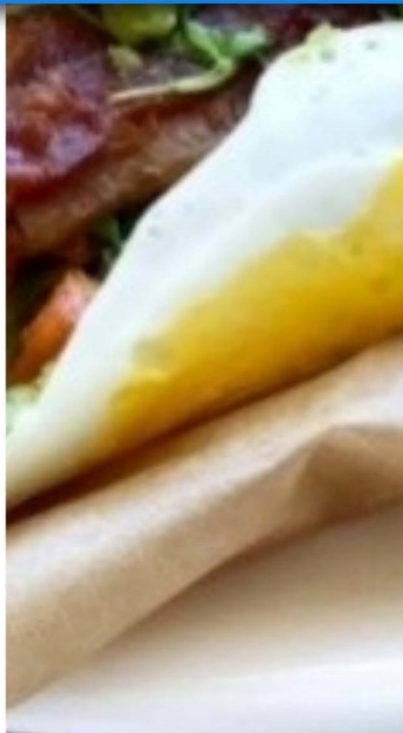
20 Minute Meals

20 X 20 Minute Recipes



fitat60.com

Invest in your greatest asset



Contents

| | |
|--|----|
| Smoothie Bowl with Cashew Butter..... | 3 |
| Bacon, Olive and Tomato Omelet | 4 |
| Cinnamon Porridge with Apple and Pear | 5 |
| Chicken and Sesame Salad..... | 6 |
| Soba Noodle Salad with Tofu and Coriander | 7 |
| Thai Beef Salad | 8 |
| Skinny Egg Sandwich | 9 |
| Chicken Avocado Pesto Zucchini Pasta..... | 10 |
| Greek Stuffed Mushrooms..... | 11 |
| Snapper with Tomatoes, Olives and Capers | 12 |
| Cucumber Salmon Rollups | 13 |
| Cinnamon Roll Porridge | 14 |
| Kimchi Egg Skillet with Oyster Mushrooms | 15 |
| Coconut Crusted Cod | 16 |
| Garlic and Mint Chicken with Crunchy Cos Salad..... | 17 |
| Lamb Fillets with Chargrilled Eggplant and Garlic Sauce..... | 18 |
| Baked Salmon and Asparagus in foil with Lemon Garlic Butter Sauce..... | 19 |
| Pork and Vegetable Thai Noodle Salad | 21 |
| Moo Shu Vegetables..... | 22 |
| Taco Salad | 23 |

Smoothie Bowl with Cashew Butter

2 Servings

Ingredients:

- 2 small bananas
- 400 g fresh strawberries
- 250 g frozen raspberries
- 1 tablespoons lemon or lime juice
- 2 tbsp chia seeds
- 75 ml almond milk
- 2 tbsp cashew butter
- 1 tbsp + 1 tsp liquid honey



Preparation

1. The day before, peel the bananas, cut them into slices, put them in a freezer bag, close tightly and put them in the freezer.
2. Wash and clean the strawberries and roughly cut 300 g into pieces. Cut the remaining 100g strawberries into slices.
3. Set aside 50 g frozen raspberries.
4. Put frozen bananas, strawberry pieces, remaining frozen raspberries, lemon juice, 1 tablespoon honey, chia seeds and almond milk in a blender and mix until creamy.
5. Divide the berry smoothie into bowls. Mix cashew butter, 1 teaspoon honey and salt and drizzle over the smoothie bowl.
6. Garnish with strawberry slices and the remaining raspberries.

For tips and nutritional value, go to: fitat60.com/recipes/smoothie-bowl-with-cashew-butter

Bacon, Olive and Tomato Omelet

4 Servings

Ingredients

- 4 large free-range eggs
- 8 thin slices of bacon (4 if thicker), chopped
- 10 pitted green olives, sliced
- pinch Himalayan salt, or sea salt
- freshly ground black pepper
- 1 large tomato, diced
- 1 handful parsley
- 1 tbsp extra virgin olive oil. Not necessary if using a non-stick pan



Directions

1. Heat the oil in large flat pan.
2. Lay the bacon equally on the surface of the pan and roast for about 5 minutes.
3. Crack the eggs into a mixing bowl with a pinch of salt and pepper and beat them well with a whisk or fork.
4. Turn the bacon on the other side when it gets slightly golden in colour.
5. Lower the heat and pour in the eggs equally all over the pan. Don't rush it and don't try to cook it fast or it will end up being too crispy and dry.
6. Sprinkle with tomatoes and sliced olives and cook for another minute or until the top appears to be almost cooked and firm.
7. Using a spatula, ease around the edges of the omelet, remove the pan from the heat, and slide it on to a serving plate.
8. Sprinkle with parsley and serve.

For tips and nutritional value, go to: <https://fitat60.com/recipes/bacon-and-olive-omelet/>

Cinnamon Porridge with Apple and Pear

1 Serving

Ingredients:

- 180 ml of oat milk
- 1 tsp cinnamon
- 50 g oats
- 2 tsp agave syrup
- ½ apple
- ½ ripe pear
- 1 handful of blueberries
- 1 tbsp walnut kernels
- ½ tsp chia seeds
- ½ tsp flaxseed



Preparation:

1. For the porridge, bring the oat milk and cinnamon to the boil in a small saucepan.
2. Stir in oats and 1 teaspoon agave syrup, simmer for 1–2 minutes while stirring.
3. Remove from heat, transfer to a bowl, and let soak for about 5 minutes.
4. In the meantime, wash the apple and pear for the topping, remove the cores, quarter and cut into fine slices.
5. Wash the blueberries and drain well.
6. Roughly chop walnuts as desired.
7. Top the oatmeal with apple, pear, blueberries, and walnuts.
8. Drizzle with 1 teaspoon agave syrup.
9. Sprinkle with chia and flax seeds.

For tips and nutritional value, go to: <https://fitat60.com/recipes/cinnamon-porridge-with-apple-and-pear>

Chicken and Sesame Salad

4 Servings

Ingredients

- 1 barbecued chicken, shredded
- 120 g baby spinach, washed, dried
- 1 large carrot, peeled, thinly sliced
- 4 spring onions, thinly sliced
- 1 tbsp sesame seeds, toasted
- 2 bunches asparagus, trimmed, cut into thirds



Dressing

- ½ cup fresh orange juice
- 2 tbsp tahini

Directions

1. Place the chicken into a bowl and add the spinach, carrot and onions.
2. Half-fill a frying pan with water and bring to the boil over medium heat.
3. Add asparagus and cook for 2 minutes or until just tender. Drain and refresh under cold water.

DRESSING:

1. Whisk together orange juice, tahini, and salt and pepper.
2. Add asparagus and dressing to chicken mixture. Toss to combine.
3. Spoon into bowls and sprinkle with sesame seeds.
4. Serve.

For tips and nutritional value, go to: <https://fitat60.com/recipes/chicken-and-sesame-salad/>

Soba Noodle Salad with Tofu and Coriander

1 Serving

Ingredients:

- 100 g soba (buckwheat noodles)
- 1 nori sheet
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp white vinegar (or lime juice)
- ½ cucumber
- 2 carrots
- 1 red chilli pepper
- 1 clove of garlic, finely chopped
- 1 tbsp sesame seeds
- 100 g tofu
- 1 tbsp rapeseed oil



Preparation:

1. Cook the pasta according to the instructions on the packet, drain and transfer to a bowl.
2. Cut the nori sheet into fine strips and mix with the hot noodles.
3. Mix the soy sauce, sesame oil and rice wine vinegar into the noodles.
4. Wash the carrots and cucumbers, dry and peel lengthways into fine strips with a peeler.
5. Wash and dry the coriander and pluck the leaves.
6. Wash and clean the chilli and remove the seeds. Cut the pod into fine strips.
7. Roast the sesame seeds in a pan without oil and remove.
8. Cut the tofu into cubes and season with salt.
9. Heat the oil in the pan and fry the tofu until crispy.
10. Add the chilli and garlic and fry briefly.
11. Mix the vegetable strips into the pasta and arrange on plates.
12. Pour the chilli tofu on top.
13. Sprinkle with coriander and toasted sesame seeds.

For tips and nutritional value, go to: <https://fitat60.com/recipes/soba-noodle-salad-with-tofu-and-coriander>

Thai Beef Salad

4 Servings

Ingredients

- 500 g boneless sirloin beef steaks, excess fat removed
- 1 butter lettuce, leaves separated, washed, dried, torn
- 1 large red capsicum, quartered, deseeded, cut crossways into thin strips
- 100 g bean sprouts, trimmed
- 6 green onions, trimmed, sliced
- ¼ cup fresh coriander leaves
- ¼ cup fresh mint, shredded

Dressing

- ½ cup fresh lime juice
- 2 tsp fish sauce
- 1 tsp soy sauce
- 1 garlic clove, chopped
- 2 fresh chillies, deseeded, finely chopped
- pinch of sugar



Directions

1. Heat a chargrill or barbecue grill on medium-high.
2. Add the beef and cook for 3-4 minutes each side for medium-rare or until cooked to your liking.
3. Transfer to a plate and set aside for 15 minutes to cool. Cut across the grain into thin strips. Set aside.
4. Meanwhile, to make the dressing, combine the lime juice, fish sauce, soy sauce, garlic, chilli and sugar in a small bowl and mix well.
5. Place the beef, lettuce, capsicum, bean sprouts, green onions, coriander, and mint in a large bowl. Pour over dressing and toss gently to combine.
6. Serve immediately.

For tips and nutritional value, go to: <https://fitat60.com/recipes/thai-beef-salad>

Skinny Egg Sandwich

2 Servings

Ingredients

- 4 large free-range eggs
- 3 tbsp water
- 1 small ripe avocado, lightly mashed
- 3 slices bacon, cooked to your liking
- 2 tbsp shredded cheese (optional)
- coconut or avocado oil cooking spray



Directions

1. Place a medium nonstick pan over medium heat, then arrange inside 4 mason jar lids (centres removed). Lightly spray with cooking spray.
2. Very gently crack eggs into the centres of the lids and lightly whisk with a fork to break up the yolk.
3. Pour water around the lids and cover the pan. Cook on low heat for about 3-4 minutes, or until the egg is just set.
4. Remove lid and top eggs with cheese if you like.
5. Cook until the cheese is slightly melted, about 1 minute more.
6. Mash avocado.
7. Gently flip the egg "bun" side without the cheese onto the plate. Top with mashed avocado and cooked bacon.
8. Assemble as shown, and enjoy!

For tips and nutritional value, go to: <https://fitat60.com/recipes/skinny-egg-sandwich>

Chicken Avocado Pesto Zucchini Pasta

2 Servings

Ingredients

- 2 zucchinis
- 1 tbsp coconut oil
- 250 g chicken mince

Avocado Cream Sauce

- 1 avocado
- 2 tbsp extra virgin olive oil
- ½ cup water
- ½ cup fresh basil
- salt and pepper to taste
- 1 clove of garlic, chopped (optional)



Directions

1. Heat the coconut oil in a pan on medium heat.
2. Once the oil is melted add in the chicken and cook through.
3. While the chicken is cooking spiralize the zucchinis and then combine all the Avocado Cream Sauce ingredients in a blender and blend away.
4. Once the chicken is done combine everything in a bowl and mix well so that the Avocado Cream Sauce covers all of the zucchini noodles.
5. Top with basil and serve.

For tips and nutritional value, go to: <https://fitat60.com/recipes/avocado-pesto-zucchini-pasta>

Greek Stuffed Mushrooms

2 Servings

Ingredients:

- 400 g small mushrooms
- 2 tbsp of extra virgin olive oil
- 1 clove of garlic, finely chopped
- 150 g spinach leaves
- 2 tbsp sour cream
- 50 g grated parmesan
- 100 g cream cheese
- 1 pinch (s) of grated nutmeg
- 50 g grated mozzarella
- Salt pepper



Preparation:

1. Preheat the grill. Line a baking tray with baking paper.
2. Clean the mushrooms, remove the stems and hollow out the heads.
3. Spread the mushroom heads on baking paper and grill in the hot oven for about 8 minutes. Turn halfway through.
4. Heat the oil in a pan and sauté the garlic for about 2 minutes.
5. Add the spinach and let it collapse.
6. Season with grated nutmeg, salt and pepper and sauté for 2-3 minutes.
7. Strain the spinach through a sieve and squeeze out excess liquid with a spoon. Finely chop the spinach and mix with sour cream, parmesan and cream cheese.
8. Take the grilled mushrooms out of the oven and let them cool briefly.
9. Fill with spinach mixture.
10. Sprinkle the filling with grated mozzarella and grill in the oven for another 4-6 minutes until the cheese has melted and turned golden brown.

For tips and nutritional value, go to: <https://fitat60.com/recipes/greek-stuffed-mushrooms>

Snapper with Tomatoes, Olives and Capers

2 Servings

Ingredients

- 1 ½ cups cherry tomatoes, halved
- 100 g small capers, drained
- ¼ cup pitted kalamata olives, halved
- ½ cup fresh parsley, finely chopped
- 3 tbsp extra virgin olive oil
- 500 g snapper fillets (or similar firm white fish)
- salt and pepper
- 3 cloves garlic, finely chopped



Directions

1. Heat half of the oil in a large nonstick pan over medium-high heat.
2. Pat fish dry and season on both sides with salt and pepper.
3. Cook the fillets, turning once, until fish flakes, when tested with a fork (around 3 minutes each side).
4. Remove the fish and cover with foil to keep warm.
5. Add remaining oil to the pan and heat.
6. Add garlic and sauté until fragrant, about 30 seconds.
7. Stir in tomatoes, parsley, olives, and capers.
8. Cook, stirring, until tomatoes have softened, 3 to 4 minutes.
9. Season with salt and pepper, spoon over fish and serve.

For tips and nutritional value, go to: <https://fitat60.com/recipes/snapper-with-tomatoes-olives-and-capers>

Cucumber Salmon Rollups

6 Servings

Ingredients:

- 6 slices of sandwich bread
- 2 cucumbers
- 125 g sliced smoked salmon
- 2-3 stalks of fresh dill
- 50 g creamed horseradish
- 12 toothpicks



Preparation:

1. Toast the bread and let cool.
2. Wash the cucumber, pat dry and cut lengthways into thin slices with a peeler.
3. Cut salmon slices into "cucumber-wide" strips.
4. Wash the dill, shake it dry and cut it finely except for a garnish.
5. Brush 12 cucumber slices thinly with cream horseradish and top with salmon.
6. Roll up and pin with toothpicks. (Use other cucumber slices and sections elsewhere).
7. Use a small (4-5cm wide) round cookie cutter to cut out circles from the toast slices. Alternatively, cut 4-5cm squares out of the toast.
8. Arrange the cucumber and salmon rolls on the toast.
9. Sprinkle with dill and garnish.

For tips and nutritional value, go to: <https://fitat60.com/recipes/cucumber-salmon-rollups/>

Cinnamon Roll Porridge

1 Serving

Ingredients:

- 1 cup milk
- ½ cup rolled oats
- 1 pinch of salt
- ½ tbsp cinnamon
- 15 g butter
- 15 g brown sugar
- 15 g cream cheese
- 1 tsp milk (possibly 2 tsp)
- 21 g honey



Preparation:

1. For the porridge, bring the milk and cinnamon to the boil in a small saucepan.
2. Stir in oats and 1 teaspoon agave syrup, simmer for 1–2 minutes while stirring.
3. Remove from heat, transfer to a bowl and let soak for about 5 minutes
4. In a microwave safe bowl, melt the butter and stir in the brown sugar and cinnamon with a small fork until everything is well mixed.
5. In a second bowl, put the cream cheese in the microwave for 3-5 seconds so that it just starts to soften.
6. Stir into the cream cheese, a teaspoon of milk and honey and then adjust the consistency with possibly a little more milk.
7. Pour a little of both sauces over the finished oats or stir in as desired.
8. A fresh, diced apple, strawberries or any other fruit can also be added.

For tips and nutritional value, go to: <https://fitat60.com/recipes/cinnamon-roll-porridge/>

Kimchi Egg Skillet with Oyster Mushrooms

1 Serving

Ingredients:

- 2 tbsp mirin
- 100 ml rice vinegar
- 40 g of sugar
- 1 tbsp of Sriracha sauce
- 2 tbsp of coconut oil
- 80 g kimchi (textured or paste)
- 3 eggs (size L)
- ½ tsp of black sesame
- 1 handful flat leaf parsley
- 150 g oyster mushrooms
- Salt and pepper



Preparation:

1. Bring rice vinegar and sugar to the boil in a saucepan, stirring constantly. Reduce heat and simmer gently for 6-8 minutes, stirring occasionally. Let cool slightly and stir in Sriracha sauce.
2. Clean the mushrooms, cut them into small pieces and fry them with 1 tablespoon of oil for 3-4 minutes, season with salt and pepper. Remove from the pan and keep warm.
3. Chop the kimchi and fry in the same pan with 1 tablespoon of oil.
4. Remove from the pan and mix with eggs, season with salt and pepper.
5. Put the egg mass back into the hot pan and let it stand for 1-2 minutes. Turn and continue frying for 1-2 minutes.
6. Put the omelet on a plate, turn it over and drizzle with Sriracha sauce.
7. Add mushrooms.
8. Chop parsley and sprinkle with sesame seeds on the omelet.

For tips and nutritional value, go to: <https://fitat60.com/recipes/kimchi-egg-skillet-with-oyster-mushrooms/>

Coconut Crusted Cod

2 Servings

Ingredients

- 8 oz cod, or any other firm fish
- 2 tbsp shredded coconut
- 2 tbsp almond flour
- 4 cups broccoli floret, or broccolini
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 egg (optional)
- [Tartar Sauce as a side \(optional\)](#) (or low-sugar store bought)



Directions

1. Preheat the oven to 200C degrees.
2. Line a baking sheet with parchment paper.
3. In a small bowl mix the shredded coconut, almond flour and the sea salt. Coat the cod fillets with the olive oil and then toss them in the coconut and almond flour.
4. Try to cover the fillets the best you can then lay it out on the baking sheet.
5. Once all the fillets are coated, bake them in the oven for 10-12 minutes or until the crust is golden brown.
6. While the cod is baking, prepare the broccoli by chopping it into florets and steaming them until bright green.

For tips and nutritional value, go to: <https://fitat60.com/recipes/coconut-crusted-cod>

Garlic and Mint Chicken with Crunchy Cos Salad

4 Servings

Ingredients

- 4 small chicken breast fillets (skin off), each cut into 2 thin fillets
- 2 tbsp fresh mint leaves, roughly chopped
- 2 garlic cloves, finely chopped
- 1 tsp dried chilli flakes
- 1 ½ tbsp extra virgin olive oil
- 1 baby cos, leaves separated, finely shredded
- 80 g snow peas, roughly chopped
- 2 spring onions, finely chopped
- 1 tbsp white wine vinegar



Directions

1. Place the chicken, mint, garlic, chilli and 1/2 tablespoon of oil in a bowl. Season with salt and pepper and toss to coat chicken.
2. Place a large non-stick frypan over high heat. When hot, add the chicken in batches. Cook for 2 minutes on one side and 1 minute on the other or until cooked through.
3. Meanwhile: toss the shredded lettuce, snow pea sprouts, and spring onion in a large bowl with the vinegar, remaining tablespoons of oil, salt and pepper.
4. Divide the salad and chicken among plates and serve immediately.

For tips and nutritional value, go to: <https://fitat60.com/recipes/garlic-and-mint-chicken-with-crunchy-cos-salad>

Lamb Fillets with Chargrilled Eggplant and Garlic Sauce

4 Servings

Ingredients

- 4 firm baby eggplants, cut lengthways into 5mm-thick slices
- 2 tbsp extra virgin olive oil
- 120 g lamb fillets
- 1 cup mint leaves
- 120 g natural yoghurt
- 2 cloves garlic, finely chopped
- 1 lemon juice
- 2 tbsp baby capers, rinsed and drained



Directions

1. Brush eggplant with a little oil and season with pepper. Heat a large chargrill pan or large frypan on high heat.
2. Cook eggplant, in batches, for 1-2 minutes each side until slightly charred. Remove and keep warm.
3. Brush the lamb fillets with the remaining oil and season with sea salt and freshly ground black pepper.
4. Heat the same chargrill or frypan over medium-high heat and cook the lamb in batches, turning, for 6 minutes for medium-rare (or until cooked to your liking). Cover the lamb loosely with foil and leave to rest for 3 minutes.
5. Roughly chop half the mint leaves and place in a bowl with yoghurt, garlic, lemon juice and capers. Stir to combine, then season to taste with salt and pepper.
6. Slice lamb and arrange on plates with the eggplant.
7. Drizzle with yoghurt sauce and scatter with remaining mint leaves.

For tips and nutritional value, go to: <https://fitat60.com/recipes/lamb-fillets-with-chargrilled-eggplant-and-garlic-sauce>

Baked Salmon and Asparagus in foil with Lemon Garlic Butter Sauce

4 Servings

Ingredients

- 2 salmon fillets
- 2 tbsp vegetable or chicken stock
- 1 ½ tbsp fresh lemon juice, or to taste
- 1 tbsp of your favorite hot sauce (eg. Sriracha sauce)
- 4 garlic cloves, finely chopped
- salt and fresh ground black pepper, to taste
- 3 tbsp butter, diced into small cubes (or ghee or coconut oil)
- 2 tbsp fresh parsley or coriander, chopped
- 400 g medium-thick asparagus, woody ends trimmed



Directions

1. Preheat your oven to 220°C.
2. Cut 2 sheets of 35 x 30 cm heavy-duty aluminum foil then lay each piece separately on the countertop.
3. In a small bowl, combine the ingredients for the garlic butter sauce: broth, lemon juice, and hot sauce.
4. Season both sides of the salmon fillets with salt and pepper and divide salmon onto the aluminum foil near the centre.
5. Place trimmed asparagus to one side of the salmon, following the long direction of the foil.
6. You can adjust salmon fillets seasoning with more salt and pepper, then sprinkle garlic on top.
7. Drizzle the garlic butter sauce generously over the salmon fillets and asparagus.
8. Divide butter pieces evenly among the foil packets, layering them over the salmon fillet and asparagus.

9. Wrap salmon foil packets in and crimp edges together then wrap ends up. Don't wrap too tight – keep a little extra space inside for heat to circulate.
10. Transfer the salmon foil packs to a baking sheet and bake salmon in the oven, sealed side upward until salmon has cooked through, about 9 – 12 minutes.
11. Carefully unwrap the baked salmon foil packets then drizzle with more lemon juice and garnish with fresh parsley or coriander and a slice of lemon. Enjoy!

For tips and nutritional value, go to: <https://fitat60.com/recipes/baked-salmon-and-asparagus-in-foil-with-lemon-garlic-butter-sauce/>

Pork and Vegetable Thai Noodle Salad

2 Servings

Ingredients:

- 8 oz of spaghetti or noodles of choice
- 450 g lean minced pork
- 1 tbsp fresh mint, chopped
- 6 tsp fish sauce
- 2 tbsp sweet red chilli sauce
- 2 tbsp lime juice
- 2 tbsp toasted sesame oil
- ½ capsicum (or 1 small), thinly sliced
- 1 carrot, thinly sliced
- ¼ cup unsalted peanuts
- Lime wedges, for serving



Preparation:

1. Cook noodles according to package directions.
2. Drain, rinse well with cold water and let stand in the colander to drain.
3. Heat 1 tbsp oil and cook the pork constantly breaking apart to gain crumbly texture.
4. Add 1 tbsp mint, 1 tbsp sweet red chilli sauce and 2 tsp fish sauce.
5. Add the carrot and capsicum for 2 minutes (just enough to warm)
6. Combine the remaining 4 tsp fish sauce, 1 tbsp chilli sauce, lime juice and sesame oil in a large bowl. Add the rice noodles and gently toss until well combined.
7. Serve the pork and vegetable mixture on the noodles.
8. Sprinkle with peanuts and serve with lime wedges, if desired.

For tips and nutritional value, go to: <https://fitat60.com/recipes/pork-and-vegetable-thai-noodle-salad/>

Moo Shu Vegetables

4 Servings

Ingredients:

- 3 tsp toasted sesame oil
- 4 eggs, lightly beaten
- 2 tsp fresh ginger, minced
- 2 cloves garlic, minced
- 2 cups mung bean sprouts
- 1 tbsp rice vinegar
- 2 tbsp hoisin sauce
- 1 bunch spring onions, sliced, divided
- 1 tablespoon reduced-salt soy sauce
- 300 g bag shredded mixed vegetables, such as “rainbow salad” or “broccoli slaw”



Preparation:

1. Heat 1 tsp oil in a large nonstick saucepan over medium heat.
2. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Remove to a plate.
3. Wipe out the pan and heat the remaining 2 tsp oil over medium heat.
4. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute.
5. Add shredded vegetables, bean sprouts, half the sliced spring onions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes.
6. Add the eggs and hoisin; cook, uncovered, stirring, and breaking up the scrambled eggs, until heated through, 1 to 2 minutes.
7. Stir in the remaining spring onions and remove from the heat.

For tips and nutritional value, go to: <https://fitat60.com/recipes/moo-shu-vegetables/>

Taco Salad

2 Servings

Ingredients

- 2 tbsp coconut oil (or Extra Virgin Olive Oil)
- 4 cups cos lettuce
- 250 g lean beef mince
- 1 avocado
- ½ cup salsa
- ½ cup shredded tasty cheese
- 2 tbsp light sour cream



Seasoning

- 1 tbsp paprika
- 1 tsp garlic powder (or fresh garlic, chopped)
- 1 tsp onion powder
- ½ tsp cayenne powder

Directions

1. Heat a pan on medium heat and add the coconut oil.
2. Once the coconut oil has melted, add the ground beef.
3. While the meat is cooking, prepare the salad by washing and chopping the lettuce.
4. Once the meat is cooked through, add in the seasoning and mix well.
5. Assemble the salad by placing the lettuce at the bottom, followed by the beef, avocado, salsa, sour cream and the cheese.

For tips and nutritional value, go to: <https://fitat60.com/recipes/taco-salad/>