

Viral Cottage Cheese Beef Sweet Potato Bowl

Ingredients:

Produce

- ☐ 1-2 avocados, sliced
- ☐ 2 sweet potatoes, peeled and diced
- ☐ 1/2-1 cup cilantro, chopped
- ☐ optional: jalapeños
- ☐ optional: squeeze of lime juice

Dairy

- ☐ 2 cups cottage cheese

Meat

- ☐ 1 lb lean ground beef, or ground chicken/turkey

Pantry

- ☐ 2 tbsp olive oil, divided
- ☐ 1 packet taco seasoning (~3 tbsp)
- ☐ 1/2 tsp onion powder
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp paprika
- ☐ 1/4 tsp salt
- ☐ 1/4 tsp pepper
- ☐ hot honey, for drizzling
- ☐ optional: red pepper flakes