

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.





One Pan Tamari Beef & Vegetables

2 servings

20 minutes

Ingredients

12 ozs Extra Lean Ground Beef
1/2 Red Bell Pepper (diced)
3 stalks Green Onion (chopped)
1 cup Green Beans (chopped)
2 cups Bok Choy (chopped)
2 1/2 tbsps Tamari

Nutrition

Amount per serving	
Calories	350
Fat	17g
Saturated	7g
Carbs	9g
Fiber	3g
Sugar	5g
Protein	39g
Cholesterol	111mg
Sodium	1422mg
Vitamin A	5148IU
Vitamin C	78mg
Calcium	128mg
Iron	6mg
Vitamin D	5IU
Vitamin B6	1.0mg
Folate	96µg
Vitamin B12	3.8µg
Magnesium	75mg
Zinc	9mg

Directions

- 1 Heat a large, non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
- 2 Add the peppers, green onion, and green beans to the pan with the beef and continue to cook for five to six minutes stirring often until the peppers and beans are just tender.
- 3 Add the bok choy and tamari to the pan and cook for two to three minutes more until the bok choy is wilted and tender. Season with additional tamari if needed then divide between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes, garlic, or ginger.

No Tamari: Use soy sauce or coconut aminos instead.

No Ground Beef: Use ground chicken, turkey, or pork instead.

No Bok Choy: Use spinach or kale instead.