



Pizza Bowls



prep time
10 minutes



total time
30 minutes



servings
4

Ingredients

- 1 lb/450 grams lean ground turkey
~ 12.5 protein servings
- ½ Tbsp olive oil ~ ½ fat serving
- ¼ cup mushrooms, chopped
- 1 small Jalapeño, chopped
~ 1 veggie serving
- 1 small green bell pepper
~ 1 veggie serving
- 2 garlic cloves, minced
- ¼ cup onion, diced
- 1 Tbsp tomato paste
- ½ tsp dried oregano
- ¼ tsp salt more as needed
- ½ tsp red pepper flakes
- 1 ½ cup marinara sauce
~ 7 veggie servings
- 1 cup/120 grams mozzarella, shredded
more as needed ~ 4 protein servings,
1 1/3 fat servings
- 50 grams pepperoni
~ 1 protein serving, 1.5 fat servings

Instructions

- 1 Preheat the oven to 450°. Chop mushrooms, jalapeño and bell peppers into bite sized pieces and set aside. Finely chop onion and mince garlic. In a large skillet, heat oil, add the ground meat. Cook for about 5 minutes, soak up any leftover grease or liquid with a paper towel. Add in seasonings, onion and garlic.
- 2 Once the onion starts to “sweat”, add in chopped mushrooms and peppers. Add seasonings and tomato paste. Mix well. Let the seasoning and tomato paste brown just a bit. Add in the marinara sauce.
- 3 Once the marinara sauce begins to simmer a bit, continue to stir for another minute. Add equal amounts of the meat sauce mixture to oven safe bowls (20-25 oz bowls). If you don't have oven safe bowls, use microwave safe bowls.
- 4 Cover the meat mixture with Mozzarella and top with pepperonis. Put bowls on a baking sheet and bake for about 5 minutes or until the



cheese is melted, browned and bubbling. Or, you can cover them and pop them into the microwave for 1 minute or more until the cheese is melted.

- 5 Let the pizza bowls cool for a minute or two and serve in the bowls, once they are cooled and enjoy.

Whole Recipe Breakdown:
17.5 Servings Protein
0 Servings Carb
3 1/3 Servings Fat
9 Servings Veggies

Each Bowl Breakdown (roughly):
~4 Servings Protein
0 Servings Carb
2/3 Servings Fat
~2 Servings Veggies