

Low Carb Tostadas/Tacos

MACROS

336 Calories

36g Carbs

8g Fat

32g Protein



INGREDIENTS

- 1 pound lean ground beef (96%)
- 1 small container (150g) nonfat Greek yogurt
- 1 package ground beef taco sauce (Frontera)
- 400g butternut squash
- 4 cups chopped romaine lettuce
- 16 cherry tomatoes
- 8 cactus base tortillas (Tia Lupita)

RECIPE

- Brown the lean ground beef in a skillet over medium/high heat.
- Once the meat is mostly cooked add in the taco sauce and container of nonfat Greek yogurt and set on simmer.
- The tortillas need to be heated on a skillet on high heat to allow them to harden like a tostada. Place one tortilla at a time on the skillet for 1-2 minutes per side.
- Quarter out the meat mix and then again in half - this is the topping for every 2 tortillas.
- Once the "tostadas" are ready, the following toppings will be divided between each serving (one serving = two tostadas):
 - The meat mix
 - 100g of butternut squash
 - 1 cup chopped romaine
 - 4 cherry tomatoes

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This meal does not save well for meal-prep fully prepared. Instead, make all ingredients, have them ready to go, and save heating the tortillas until you are ready to eat!

-Gail

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