# High Protein Cucumber Ground Beef Salad

**Single Serving Ingredients**

1 whole cucumber
3 tablespoons non fat Greek yogurt
10 grams jalapeños
10 grams sriracha
15 mL soy sauce
150 grams cooked 93% lean ground beef
1 onion
1 lemon
Salt, pepper, paprika, garlic powder, and a little onion powder

**Instructions**

1. Cut up your cucumber and add it to a large bowl.
2. Add in the non fat Greek yogurt.
3. Add the jalapeños, sriracha, soy sauce, and chopped onion.
4. Squeeze in the juice of 1 lemon.
5. Cook your ground beef until brown and crumbly, then add it into the bowl.
6. Season everything with salt, pepper, paprika, garlic powder, and a little onion powder.
7. Shake or mix everything together well until evenly combined.
8. Eat it as is, or divide it into meal prep containers if you're making it in bulk.
9. Store in the fridge and enjoy.

Macros for the full recipe
Calories: ~410
Protein: ~48g
Carbs: ~31g
Fat: ~12.6g

**Meal Prep Ingredients:** (This is really good to make in bulk and store in the fridge for meal prep)

**Ingredients (4 meal prep servings)**

3 whole cucumbers
12 tablespoons non fat Greek yogurt
40 grams jalapeños
40 grams sriracha
60 mL soy sauce
500 grams cooked 93 percent lean ground beef
2 onions
2 lemons

**Full recipe totals**
Calories: ~1,210 kcal
Protein: ~155 g
Carbs: ~83 g
Fat: ~42 g

**Per container (4 servings)**
Calories: ~303 kcal
Protein: ~39 g
Carbs: ~21 g
Fat: ~10.5 g

**Quick Note:** Losing weight & building muscle can be tough to stay consistent with on your own. That's where a coach helps. I build my clients custom meal plans that keep them in a deficit with foods they enjoy, custom workouts based on their goals and schedule, and provide weekly accountability through texts and check in calls.

If you want to explore coaching with me, fill out this form and I'll reach out to see if it's a good fit.

https://www.kolakperformance.app/