Dylan's High Protein Asian Teriyaki Beef Bowl

Full Recipe Ingredients (Makes 5 Meal Prep Servings)

630g cucumber (about 2 large cucumbers)
1 cup non fat Greek yogurt
50g pickled onions
300g broccoli
275g Corn
275g edamame (shelled)
830g cooked white rice
2 lbs (908g) 93% lean ground beef
A little soy sauce (for cooking the beef)
Salt, pepper, garlic powder, furikake, and sriracha

Homemade Teriyaki Sauce

1/2 cup low sodium soy sauce
1/2 cup water
1 tablespoon rice vinegar
1 teaspoon sesame oil
2 cloves garlic, minced
1 teaspoon fresh grated ginger (or 1/2 tsp ground)
2 to 3 tablespoons brown sugar substitute or monk fruit sweetener

Or grab this low calorie teriyaki sauce on Amazon instead:
https://www.amazon.com/dp/B0FT5TNQHK

Instructions

1. Cut up your cucumbers and add them to a large bowl.
2. Add in the non fat Greek yogurt, pickled onions, broccoli, corn, and edamame.
3. Season with salt, pepper, garlic powder, furikake, and sriracha. Mix well.
4. Cook your white rice according to package directions (should yield about 830g cooked).
5. Brown your ground beef until fully cooked and crumbly. Add a little soy sauce while cooking.
6. Make the teriyaki sauce: combine the soy sauce, water, rice vinegar, sesame oil, minced garlic, ginger, and monk fruit sweetener in a small saucepan. Bring to a simmer over medium heat and stir until slightly thickened (about 3 to 5 minutes). Set aside to cool.
7. Divide the cooked rice evenly into 5 meal prep containers.
8. Top each container with an equal portion of the ground beef.
9. Add the cucumber and veggie mix evenly across all 5 containers.
10. Drizzle the homemade teriyaki sauce (or the store-bought alternative) over each bowl.
11. Seal, store in the fridge, and enjoy all week.

Macros for the full recipe
Calories: ~3,410 kcal
Protein: ~285g
Carbs: ~326g
Fat: ~106g

Per bowl (5 servings)

Calories: 682 kcal
Protein: 57g

Carbs: 65g
Fat: 21g

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/