

# Meal Prep

## Zucchini Boats and Taco Bowls

### Shopping List

- 2 pound lean Grass Fed Ground Beef or Ground Turkey
- 4 cups of lettuce of choice (we prefer Iceberg for this recipe)
- 1 cup Pico de Gallo (\*tip, look for fresh Pico in the refrigerator section of your grocery store to save time and limit preservatives)
- 1 can of whole black beans – look for preservative free beans
- 1 avocado
- 1 lime
- 1 jalapeno Pepper (optional)
- 1 cup shredded cheddar cheese or Mexican blend cheese
- 1 small can black olives
- 4 tablespoons sour cream
- 4 medium zucchini
- 1 can Rotel brand tomatoes (spicy or mild to taste)
- 1 cup mozzarella, shredded
- Olive oil
- Salt and Pepper to taste

