



ALTERED ATHLETICS

BEEF & VEGGIE EGG ROLL IN A BOWL

Calories: 430

Protein: 37g | **Carbs:** 30g | **Fat:** 14g

Ingredients:

Lean ground beef (93% lean) – 120g

Shredded cabbage/carrot slaw mix –
100g

Egg whites – 100g

Soy sauce (low sodium) – 15g

Sriracha – 5g

Garlic – 3g

Green onion – 10g

Directions:

Cook beef with garlic and soy sauce.

Add slaw mix and cook until tender.

Stir in egg whites and scramble until
cooked through.

Top with green onion and sriracha