



This taco salad is built for flexibility—ingredients are prepped ahead and quickly brought together before serving. Slightly warming the base gives it a satisfying contrast with the fresh greens and creamy dressing.

BASIC INGREDIENTS

- 1 lb Ground beef
- 1 Tbsp Store-bought taco seasoning (low-salt option)
- 1 pint (2 cups) Cherry tomatoes, halved
- 1 (15 oz) can Black beans, rinsed and drained
- 4 stalks Scallions (spring onions), sliced (white and green parts)
- ½ cup Sunflower seeds, lightly toasted
- ¼ cup Fresh cilantro, chopped

SALAD INGREDIENTS

- 8 leaves Romaine lettuce

CILANTRO-LIME DRESSING

- ½ Avocado
- 1 Tbsp Extra virgin olive oil
- ½ tsp Sea salt
- ½ tsp Ground ginger
- 1 Tbsp Lime juice
- ¼ cup Fresh cilantro, finely chopped
- 3 Tbsp Unsweetened coconut milk (or nut milk of choice)

BASIC INGREDIENTS INSTRUCTIONS

1. Heat a skillet over medium heat. Add the ground beef and cook until browned, breaking it up as it cooks.
2. Stir in the taco seasoning, then cook for 1–2 more minutes, until well combined.
3. Remove from heat and let cool slightly.
4. Combine the cooked beef with the black beans, cherry tomatoes, scallions, sunflower seeds, and chopped cilantro.
5. Divide into four portions and store in airtight containers in the refrigerator until ready to use.

CILANTRO-LIME DRESSING INSTRUCTIONS

1. Add all ingredients to a blender and blend until smooth.
2. Taste and adjust with additional salt or lime juice if needed. If the dressing is too thick, add a little more coconut milk. If it's too thin, blend in a bit more avocado.
3. Divide into four portions and store in airtight containers in the refrigerator until ready to use.

ASSEMBLY INSTRUCTIONS

1. Gently reheat the prepared beef mixture (warm, not hot).
2. Chop, cut, or tear the romaine leaves into a bowl or onto a plate
3. Spoon the warm beef mixture over the greens.
4. Drizzle with cilantro-lime dressing and enjoy!

Tip: If you like a little heat, add pickled sliced jalapeños before serving.

Nutrition (Based on 2000kcal)

591kcal/serving | **Macros:** Net Carbs 25.2 g (16.6 g fiber), Protein 44.6 g, Fat 28.4 g (6.9 g saturated)

Good source (10-19% DV): Calcium.

Excellent source (>20% DV): Fiber, Omega-3, Protein, B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B12 (cobalamin), Folate, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Sodium, Zinc.