

LEMON HERB BEEF KEBABS

INGREDIENTS

- 300–400g beef, cubed
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon oregano or mixed herbs
- Salt and pepper to taste
- Optional: bell peppers, onions, zucchini

CALORIES

430

PROTEIN

33g

DIRECTIONS

1. Mix olive oil, lemon juice, garlic, herbs, salt, and pepper.
2. Marinate beef cubes for 30 minutes.
3. Thread beef (and veggies if using) onto skewers.
4. Grill or broil until browned and cooked to preference.
5. Turn occasionally for even cooking.
6. Serve hot with lemon wedges.



RUSTIC BEEF AND MUSHROOM SHEPHERD'S PIE

INGREDIENTS

- 300–400g ground beef
- 2 cups mushrooms, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 1 cup peas or mixed vegetables
- 2 tablespoons tomato paste
- 1 cup beef broth
- 4–5 potatoes, mashed
- 1 tablespoon butter
- Salt and pepper to taste
- Optional: cheddar cheese, thyme, Worcestershire sauce



CALORIES

520 kcal

PROTEIN

28 g

DIRECTIONS

1. Boil and mash potatoes with butter, salt, and pepper.
2. Brown beef in a skillet.
3. Add onion, garlic, and mushrooms; sauté until soft.
4. Stir in tomato paste, broth, and vegetables; simmer until thickened.
5. Transfer filling to baking dish and top with mashed potatoes.
6. Bake at 190°C (375°F) for 20–25 minutes until golden.

TERIYAKI FLANK STEAK WITH ASPARAGUS

INGREDIENTS

- 2 flank steaks
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon sesame oil
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- 1 bunch asparagus
- Salt and pepper to taste
- Optional: sesame seeds,
green onions

CALORIES

510

PROTEIN

44g

DIRECTIONS

1. Mix soy sauce, honey, sesame oil, garlic, and ginger.
2. Marinate steak for 20–30 minutes.
3. Sear or grill steak to desired doneness.
4. Roast or sauté asparagus until tender-crisp.
5. Slice steak and serve with asparagus.
Drizzle extra sauce if desired.



SPICY CHIPOTLE BEEF RICE BOWLS

INGREDIENTS

- 300–400g ground beef or sliced beef
- 1–2 teaspoons chipotle powder or sauce
- 1 cup cooked rice
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 garlic clove, minced
- Salt and pepper to taste
- Optional: black beans, avocado, corn, lime, cilantro



580
CALORIES

36g
PROTEIN

DIRECTIONS

1. Heat oil in a skillet and cook beef until browned.
2. Add garlic, cumin, chipotle seasoning, salt, and pepper. Cook until well combined and slightly smoky.
3. Serve over rice in bowls. Add optional toppings like avocado or lime.
4. Serve warm.

SESAME BEEF AND CABBAGE STIR-FRY

INGREDIENTS

300–400g beef, sliced thin
3 cups cabbage, shredded
2 tablespoons soy sauce
1 teaspoon sesame oil
2 garlic cloves, minced
1 teaspoon ginger, grated
1 tablespoon oil
Optional: sesame seeds,
green onions

CALORIES	PROTEIN
420	32g



DIRECTIONS

1. Heat oil in a skillet and brown beef.
2. Add garlic and ginger; cook briefly.
3. Add cabbage and sauté until wilted but slightly crisp.
4. Stir in soy sauce and sesame oil.
5. Cook until well combined and heated through.
6. Top with sesame seeds or green onions.

MEDITERRANEAN

Sheet Pan Steak and Peppers

INGREDIENTS

- 2 steaks (sirloin or flank), sliced or whole
- 2 bell peppers, sliced
- 1 red onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Optional: lemon juice, feta, parsley

CALORIES

460

PER SERVING

PROTEIN

36g

PER SERVING



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss peppers and onion with olive oil and seasoning.
3. Rub steak with olive oil, salt, pepper, and oregano.
4. Arrange everything on a sheet pan.
5. Roast 15–25 minutes depending on steak thickness and doneness preference.
6. Finish with lemon juice or feta if desired.

GARLIC GINGER BEEF AND BROCCOLI SKILLET

INGREDIENTS

- 300–400g beef (flank, sirloin, or ground beef)
- 2 cups broccoli florets
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce (optional)
- 1 tablespoon oil
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- 1 teaspoon cornstarch + 2 tablespoons water (optional, for thickening)
- Optional: sesame oil, chili flakes



CALORIES
440

PROTEIN
32g

DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Cook beef until browned. Remove excess fat if needed.
3. Add garlic and ginger; sauté briefly.
4. Add broccoli and a splash of water, cover, and steam until tender-crisp.
5. Stir in soy sauce and oyster sauce.
6. Optional: add cornstarch slurry to thicken sauce.
7. Serve.

GINGER SOY FLANK STEAK STRIPS

INGREDIENTS

- 300–400g flank steak, sliced thin
- 2 tablespoons soy sauce
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- 1 teaspoon honey (optional)
- Salt and pepper to taste
- Optional: green onions, chili flakes



CALORIES

380

KCAL

PROTEIN

32

G

DIRECTIONS

1. Mix soy sauce, ginger, garlic, sesame oil, and honey.
2. Marinate steak for 20–30 minutes if possible.
3. Sear steak strips in a hot pan until browned.
4. Cook quickly to keep tender.
5. Toss with remaining marinade briefly.
6. Garnish with green onions and serve.

ROSEMARY ROASTED BEEF CHUNK AND CARROT PAN

INGREDIENTS

300–400g beef chunks
3 carrots, chopped
2 tablespoons olive oil
2 garlic cloves, minced
1 teaspoon rosemary
Salt and pepper to taste
Optional: balsamic glaze, butter

CALORIES

520

kcal

PROTEIN

38

g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss beef and carrots with olive oil, garlic, rosemary, salt, and pepper.
3. Spread evenly on a sheet pan.
4. Roast 30–40 minutes until beef is browned and carrots are tender.
5. Stir halfway through for even cooking.
6. Finish with balsamic glaze or butter if desired.

TOMATO BASIL STEAK STRIPS

INGREDIENTS

- 300–400g steak, sliced into strips
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1 teaspoon dried Italian seasoning
- Fresh basil leaves
- Salt and pepper to taste
- Optional: balsamic glaze

CALORIES

430 kcal

PROTEIN

36 g

DIRECTIONS

1. Heat olive oil in a skillet over high heat.
2. Sear steak strips until browned; remove and set aside.
3. Add garlic and tomatoes to this pan; sauté until softened.
4. Return steak to skillet and toss with seasoning.
5. Cook briefly until everything is hot.
6. Finish with fresh basil and optional balsamic glaze.



Beef and Lentil Vegetable Soup

INGREDIENTS

- 300g ground beef or stew beef, cubed
- 1 cup lentils (green or brown), rinsed
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 6 cups beef broth or stock
- 1 teaspoon thyme
- 1 teaspoon olive oil
- Salt and pepper to taste
- Optional: bay leaf, spinach, parsley

CALORIES

380

PROTEIN

25g

DIRECTIONS

1. Heat olive oil in a pot and brown beef.
2. Add onion, garlic, carrots, and celery; sauté until softened.
3. Stir in lentils, tomatoes, broth, thyme, salt, and pepper.
4. Simmer 35–45 minutes until lentils are tender.
5. Adjust seasoning as needed.
6. Stir in spinach or parsley before serving if desired.



BALSAMIC MARINATED SIRLOIN CUBES

INGREDIENTS

- 300–400g sirloin steak, cut into cubes
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- Optional: rosemary, honey, chili flakes

CALORIES

360

kcal

PROTEIN

35

g



DIRECTIONS

1. Mix balsamic vinegar, olive oil, garlic, mustard, salt, and pepper.
2. Marinate sirloin cubes for at least 20–30 minutes.
3. Heat a skillet over high heat.
4. Sear beef cubes until browned on all sides.
5. Cook to desired doneness.
6. Optional: finish with a drizzle of balsamic glaze.

TEX-MEX GROUND BEEF AND QUINOA SKILLET

INGREDIENTS

- 300–400g ground beef
- 1 cup cooked quinoa
- 1 onion, diced
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 can diced tomatoes
- 1 cup corn or black beans
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: cheddar, avocado, cilantro

CALORIES
520

PROTEIN
32g



DIRECTIONS

1. Heat oil and brown ground beef.
2. Add onion and garlic; sauté until soft.
3. Stir in spices and cook briefly.
4. Add tomatoes, corn/beans, and cooked quinoa.
5. Mix and heat through until well combined.
6. Top with cheese or avocado if desired.

CUMIN SPICED STEAK FAJITA SALAD

INGREDIENTS

- 300–400g steak, sliced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon olive oil
- 1 bell pepper, sliced
- 1 onion, sliced
- 4 cups lettuce or salad greens
- Salt and pepper to taste
- Optional: avocado, lime, salsa, sour cream

CALORIES

520

PROTEIN

36g

DIRECTIONS

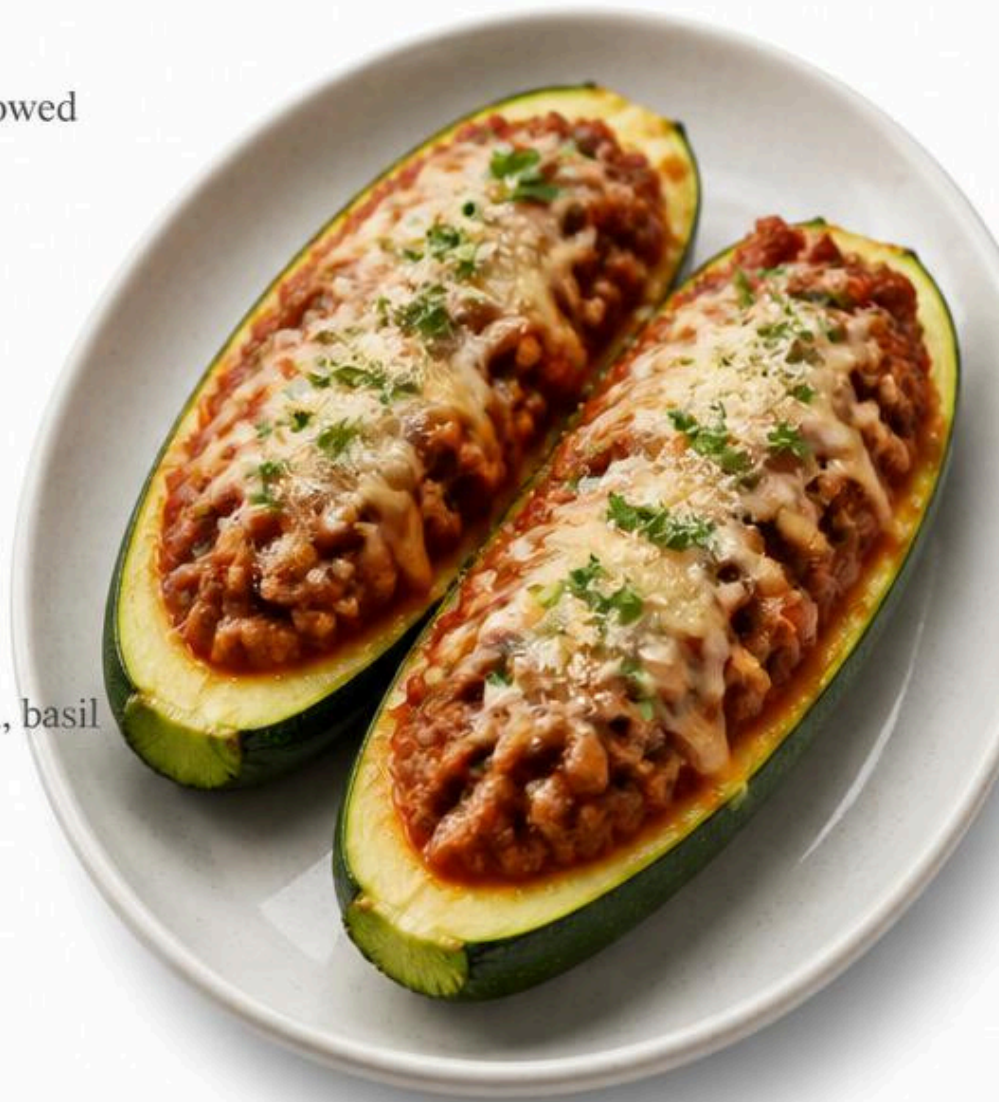
1. Season steak with cumin, chili powder, salt, and pepper.
2. Sear steak in a hot skillet until cooked to preference. Set aside.
3. In the same pan, sauté peppers and onions until tender-crisp.
4. Assemble salad base with greens.
5. Top with steak and fajita vegetables.
6. Finish with lime juice or optional toppings.



ZUCCHINI BOAT BEEF BOLOGNESE

INGREDIENTS

- 2–3 zucchinis, halved and hollowed
- 300g ground beef
- 1 can crushed tomatoes
- 1 onion, diced
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: mozzarella, parmesan, basil



CALORIES

380

kcal

PROTEIN

28

g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Brown ground beef in a skillet.
3. Add onion and garlic; sauté until soft.
4. Stir in tomatoes and seasoning; simmer 10–15 minutes.
5. Fill zucchini boats with beef sauce.
6. Bake 20–25 minutes until zucchini is tender.

CLASSIC VEGETABLE BEEF BARLEY SOUP

INGREDIENTS

300–400g beef stew meat, cubed

1 cup barley

2 carrots, diced

2 celery stalks, diced

1 onion, diced

2 garlic cloves, minced

6 cups beef broth

1 can diced tomatoes

1 teaspoon thyme

1 teaspoon olive oil

Salt and pepper to taste

Optional: bay leaf, parsley



CALORIES

390

PROTEIN

27g

DIRECTIONS

Heat olive oil in a pot and brown beef. Add onion, garlic, carrots, and celery; sauté briefly. Stir in broth, tomatoes, barley, thyme, salt, and pepper. Simmer 45–60 minutes until beef is tender and barley is cooked. Adjust seasoning to taste. Finish with parsley if desired.

SWEET CHILI BEEF AND SNAP PEA BOWLS

INGREDIENTS

- 300–400g beef, sliced thin
- 2 cups snap peas
- 2–3 tablespoons sweet chili sauce
- 1 tablespoon soy sauce
- 1 tablespoon oil
- 2 garlic cloves, minced
- Optional: rice, sesame seeds, lime



CALORIES

520

PER SERVING

PROTEIN

36g

PER SERVING

DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Cook beef until browned and tender.
3. Add garlic and snap peas; sauté briefly.
4. Stir in sweet chili sauce and soy sauce.
5. Toss until coated and heated through.
Serve over rice and garnish if desired.

SMOKY BLACK BEAN AND BEEF CHILI

INGREDIENTS

- 300–400g ground beef
- 1 can black beans, drained
- 1 can crushed tomatoes
- 1 onion, diced
- 2 garlic cloves, minced
- 1–2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 tablespoon oil
- Salt and pepper to taste
- Optional: chili powder, jalapeño, sour cream



430

CALORIES

32g

PROTEIN

DIRECTIONS

1. Heat oil and brown ground beef.
2. Add onion and garlic; sauté until soft.
3. Stir in spices and cook briefly.
4. Add tomatoes and simmer 10–15 minutes.
5. Stir in black beans and heat through.
6. Serve warm with optional toppings.

BEEF AND SPINACH RICE SKILLET

INGREDIENTS

300–400g ground beef
2 cups spinach
1 cup cooked rice
1 onion, diced
2 garlic cloves, minced
1 tablespoon olive oil
Salt and pepper to taste
Optional: soy sauce,
parmesan, chili flakes

CALORIES

490

PROTEIN

32g



DIRECTIONS

1. Heat oil and brown ground beef.
2. Add onion and garlic; sauté until soft.
3. Stir in spinach until wilted.
4. Add cooked rice and mix well.
5. Season to taste and heat through.
6. Serve warm.

HERBED GROUND BEEF AND CAULIFLOWER MASH CASSEROLE

INGREDIENTS

- 300–400g ground beef
- 1 head cauliflower, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 1 teaspoon Italian herbs
- 2 tablespoons olive oil or butter
- Salt and pepper to taste
- Optional: cheese, parsley, paprika

CALORIES

420

PER SERVING

PROTEIN

28g

PER SERVING



DIRECTIONS

1. Boil cauliflower until very soft; mash with butter, salt, and pepper.
2. Brown ground beef in a skillet.
3. Add onion, garlic, and herbs; cook until soft.
4. Spread beef mixture in a baking dish.
5. Top with cauliflower mash and optional cheese.
6. Bake at 190°C (375°F) for 20 minutes.

SWEET AND SMOKY BEEF SKEWER SALAD

INGREDIENTS

- 300–400g beef, cubed
- 1 teaspoon smoked paprika
- 1 tablespoon olive oil
- 1 teaspoon honey
- Salt and pepper to taste
- 1 bell pepper, chunks (optional for skewers)
- 4 cups mixed salad greens
- Optional: cucumber, cherry tomatoes, vinaigrette

CALORIES

520

PROTEIN

36g

DIRECTIONS

1. Marinate beef with olive oil, paprika, honey, salt, and pepper.
2. Thread onto skewers (with peppers if using).
3. Grill or sear until browned and cooked to preference.
4. Rest, then slice if desired.
5. Serve over salad greens. Add vinaigrette or dressing of choice.



SPICY CHILI GROUND BEEF AND LETTUCE CUPS

INGREDIENTS

- 300–400g ground beef
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 2 garlic cloves, minced
- 1 tablespoon soy sauce or Worcestershire sauce
- Salt and pepper to taste
- 1 head lettuce (butter or romaine leaves)
- Optional: diced onion, jalapeño, lime, cilantro

CALORIES

320

PER SERVING

PROTEIN

24g

PER SERVING



DIRECTIONS

1. Brown ground beef in a skillet.
2. Add garlic, chili powder, cumin, salt, and pepper.
3. Stir in soy sauce and cook until slightly saucy and fragrant.
4. Spoon mixture into lettuce leaves.
5. Add optional toppings like onion or cilantro.
6. Serve fresh and crisp.

SAVORY GROUND BEEF AND BROCCOLI RICE BOWLS

INGREDIENTS

- 300–400g ground beef
- 2 cups broccoli florets
- 1 cup cooked rice
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- Salt and pepper to taste
- Optional: sesame seeds, green onions, chili flakes



CALORIES

520

PROTEIN

34g

DIRECTIONS

1. Brown ground beef in a skillet.
2. Add garlic and ginger; sauté briefly.
3. Add broccoli and a splash of water; cover to steam until tender-crisp.
4. Stir in soy sauce and sesame oil.
5. Serve over cooked rice. Top with sesame seeds or green onions.

TANGY BALSAMIC BEEF AND BRUSSELS SPROUTS

INGREDIENTS

- 300–400g beef (sirloin or stew chunks)
- 3 cups Brussels sprouts, halved
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- 1 teaspoon Dijon mustard (optional)
- Salt and pepper to taste
- Optional: honey, chili flakes

CALORIES

420 kcal

PROTEIN

34 g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss Brussels sprouts with olive oil, salt, and pepper.
3. Sear beef briefly in a hot pan (optional for extra flavor).
4. Combine beef, sprouts, garlic, balsamic, and mustard on a sheet pan.
5. Roast 25–35 minutes until beef is cooked and sprouts are caramelized.
6. Finish with extra balsamic drizzle if desired.



SPICY BEEF AND CABBAGE SOUP

INGREDIENTS

- 300–400g ground beef
- 4 cups cabbage, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 6 cups beef broth
- 1 teaspoon chili flakes or chili powder
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: carrots, green onions, hot sauce

CALORIES

320

PROTEIN

24g



DIRECTIONS

1. Brown ground beef in a large pot.
2. Add onion and garlic; sauté until soft.
3. Stir in tomatoes, broth, and spices.
4. Add cabbage and simmer 20–25 minutes until tender.
5. Adjust seasoning to taste. Serve hot with optional garnish.

GARLIC HERB FLANK STEAK WITH GREEN BEANS

INGREDIENTS

- 2 flank steaks
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon rosemary or thyme
- Salt and pepper to taste
- 3 cups green beans, trimmed
- Optional: lemon juice, butter

CALORIES

430

PROTEIN

36g



DIRECTIONS

1. Season steak with olive oil, garlic, herbs, salt, and pepper.
2. Sear or grill steak to desired doneness.
3. Sauté or steam green beans until tender-crisp.
4. Rest steak for 5 minutes, then slice.
5. Serve with green beans on the side.
Finish with lemon juice or butter if desired.

BEEF AND SWEET POTATO COTTAGE PIE

INGREDIENTS

- 300–400g ground beef
- 2 sweet potatoes, peeled and cubed
- 1 onion, diced
- 2 garlic cloves, minced
- 1 cup peas or mixed vegetables
- 1 tablespoon tomato paste
- ½ cup beef broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: butter, cheese, thyme

480

CALORIES

32g

PROTEIN



DIRECTIONS

1. Boil sweet potatoes and mash with butter, salt, and pepper.
2. Brown beef in a skillet. Add onion, garlic, and cook until soft.
3. Stir in tomato paste, broth, and vegetables; simmer until thick.
4. Transfer to baking dish and top with mashed sweet potatoes.
5. Bake at 190°C (375°F) for 20–25 minutes until golden.

SIMPLE SHAVED BEEF AND ASPARAGUS STIR-FRY

INGREDIENTS

300g shaved beef or thinly sliced steak

2 cups asparagus, chopped

2 tablespoons soy sauce

1 tablespoon sesame oil or olive oil

2 garlic cloves, minced

1 teaspoon ginger, grated

Optional: chili flakes, green onions, sesame seeds



CALORIES

410

PROTEIN

32g

DIRECTIONS

1. Heat oil in a skillet over high heat. Sear beef quickly until browned; remove if needed.
2. Add garlic, ginger, and asparagus; sauté until tender-crisp.
3. Return beef to pan and add soy sauce.
4. Toss everything together until coated.
5. Serve hot with optional garnish.

CREAMY AVOCADO BEEF WRAP

INGREDIENTS

- 2 cups cooked beef (sliced or shredded)
- 1 ripe avocado
- 1 tablespoon lime juice
- 1 tablespoon Greek yogurt or mayo
- 1 large tortilla or wrap
- Salt and pepper to taste
- Optional: lettuce, tomato, cilantro, hot sauce

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Mash avocado with lime juice, yogurt, salt, and pepper.
2. Warm beef slightly in a pan.
3. Spread avocado mixture onto tortilla.
4. Add beef and optional toppings.
5. Roll tightly into a wrap.
6. Slice and serve fresh.

SAUTÉED BEEF AND MUSHROOM CAULIFLOWER RISOTTO

INGREDIENTS

- 300g beef strips or ground beef
- 2 cups cauliflower rice
- 2 cups mushrooms, sliced
- 1 onion, diced
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- ½ cup broth or cream (optional for creaminess)
- Salt and pepper to taste
- Optional: parmesan, thyme

CALORIES

420

PROTEIN

33g



DIRECTIONS

1. Heat olive oil and brown beef; set aside.
2. Sauté onion, garlic, and mushrooms until soft.
3. Add cauliflower rice and cook until tender.
4. Stir in broth or cream for richness.
5. Return beef to pan and mix well.
6. Finish with parmesan or thyme if desired.

CLEAR BROTH BEEF AND NOODLE BOWL

INGREDIENTS

- 300g beef slices or thin strips
- 1 liter beef broth
- 2 cups cooked noodles
(or rice noodles)
- 2 garlic cloves, sliced
- 1 teaspoon ginger, sliced or grated
- Salt and pepper to taste
- Optional: green onions, bok choy,
chili oil, soy sauce

CALORIES PROTEIN

420 kcal

34 g

DIRECTIONS

1. Bring broth to a simmer with garlic and ginger.
2. Add beef and cook until just tender.
3. Add bok choy or greens if using.
4. Place noodles in bowls.
5. Ladle hot broth and beef over noodles.
6. Garnish with green onions or chili oil.



SIMPLE BEEF AND CAULIFLOWER CURRY

INGREDIENTS

- 300–400g beef, cubed or ground
- 1 head cauliflower, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 can coconut milk
- 1 tablespoon oil
- Salt to taste
- Optional: chili flakes, spinach, cilantro



CALORIES

420

PROTEIN

28g

DIRECTIONS

1. Heat oil and brown beef.
2. Add onion and garlic; sauté until soft.
3. Stir in curry powder and turmeric.
4. Add cauliflower and coconut milk.
5. Simmer 20–30 minutes until tender.
6. Adjust seasoning and serve warm.

BEEF AND ZUCCHINI NOODLE STIR-FRY

INGREDIENTS

300–400g beef, thinly sliced

2–3 zucchinis, spiralized

2 tablespoons soy sauce

1 tablespoon sesame oil

2 garlic cloves, minced

1 teaspoon ginger, grated

Salt and pepper to taste

Optional: chili flakes, green onions, sesame seeds



CALORIES

380

kcal

PROTEIN

32g

per serving

DIRECTIONS

1. Sear beef in a hot skillet until browned.
2. Add garlic and ginger; cook briefly.
3. Add soy sauce and sesame oil.
4. Toss in zucchini noodles and cook 1–2 minutes (do not overcook).
5. Season to taste and mix well.
6. Top with green onions or sesame seeds.

KOREAN-STYLE BEEF AND CUCUMBER BOWLS

INGREDIENTS

- 300–400g ground beef or sliced beef
- 1 cucumber, sliced
- 1 cup cooked rice
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey or sugar
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- Optional: sesame seeds, green onions, chili flakes

CALORIES

510 kcal

PROTEIN

30 g

DIRECTIONS

1. Cook beef in a skillet until browned.
2. Add garlic, ginger, soy sauce, sesame oil, and sweetener.
3. Simmer until sauce slightly thickens.
4. Serve over rice.
5. Top with fresh cucumber slices.
6. Garnish with sesame seeds or green onions.



BEEF AND SPINACH STUFFED BELL PEPPERS

INGREDIENTS

- 4 bell peppers, halved and seeded
- 300–400g ground beef
- 2 cups spinach
- 1 cup cooked rice or quinoa
- 1 can crushed tomatoes
- 1 onion, diced
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: cheese, Italian seasoning

CALORIES

410

PROTEIN

28g

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Brown beef with onion and garlic.
3. Stir in tomatoes, spinach, and cooked rice/quinoa.
4. Fill bell pepper halves with mixture.
5. Bake 25–30 minutes until peppers are tender.
6. Top with cheese if desired.

