


THANK YOU FOR REQUESTING THE MINI MAC IN A BOWL RECIPE.  
IF YOU LIKE THIS RECIPE YOU WILL  
ABSOLUTELY  LOVE THE TOTAL HEALTH PROGRAM I AM FOLLOWING.  
I AM ACHIEVING RESULTS LIKE NEVER BEFORE!!  
FOR MORE PROGRAM INFO TEXT 412-861-0007 OR EMAIL KIRSTEN@MOVEWITHMACK.COM



# MINI MAC IN A BOWL

## ingredients

- 2 Tbsp diced yellow or white onion
- 5 oz 95% lean ground beef
- 2 Tbsp Wish Bone Light Thousand Island Dressing
- 1/8 tsp white vinegar
- 1/8 tsp onion powder
- 3 Cups shredded Romaine lettuce
- 2 Tbsp reduced fat shredded cheddar cheese
- 1 oz. dill pickle slices
- 1 tsp sesame seeds
- Cooking spray

## directions

1. Heat a small, lightly greased skillet over medium-high heat. Add the onion and cook until fragrant, about 2 to 3 minutes. Add the beef and cook until fully browned.
2. Meanwhile, mix together dressing vinegar, and onion powder.
3. To assemble: Top lettuce with ground beef and sprinkle with cheese. Top with pickle slices, drizzle with sauce, and sprinkle with sesame seeds.

**MAKES 1 SERVINGS**

**TIME: 30 MINUTES**

**TOTAL HEALTH PLAN MEMBERS:**

1 LEAN | 3 GREEN | 1 HEALTHY FAT | 3 CONDIMENTS | 1/2 OPTIONAL SNACK