

Walking Tacos

1 lb. Ground turkey, brown in skillet
Taco seasoning (optional), you can also use a dash of garlic salt or onion powder
1 head of romaine or green, or red leaf lettuce, chopped
2 ripe tomatoes, chopped
Cheddar cheese (you will use less if you use sharp cheddar)
Salsa or ranch dressing
corn chips

Walking tacos is a favorite from my childhood. Pile up the lettuce, tomatoes, and the veggies, for more nutrition. Corn chips are just for a bit of crunch (only 5-6), go easy on them, or use a multigrain tortilla wrap.

Additions: Add green or red pepper to the browned meat, add grated carrots into the meat or on the salad. Add dark leafy greens to your salad mix, spinach or kale.

Low Glycemic

Holly Stokes, "The Brain Trainer," Wellness Coach:

www.Lightenup.me