

Trim Healthy
W I S D O M

Mango Madness Rice Bowl (E or XO)

(Depending upon pumpkin seed amount)

You can use frozen or fresh mango pieces here. While fresh is a lovely option in summer, frozen just makes it more doable to eat year-round. If using frozen, just dice a few pieces up at the beginning of your prep. They'll thaw extremely quickly after dicing, and by the time you are at your bowl, they'll be ready to go. We like the Go Raw brand of sprouted pumpkin seeds. If you do not have access to those, use any seeds or nuts of your preference.

While mango and rice together can be problematic for blood sugar in some people, we've used only moderate amounts of both in this recipe, so you should do okay. If you're concerned, use the *Food Peace Preloader* 15- 30 minutes before your meal, which will help regulate your post-prandial blood sugar. Alternatively, start your meal with *Side Protein & Fiber Chocolate Milk*, which also supplies you with ½ your protein needs so you can reduce chicken to Option 1 (2 – 3 ounce) amounts.

Single Serve Recipe

INGREDIENTS:

- ¾ cup *Cauli Rice Hack*
- ⅓ cup pre-cooked brown rice
- ½ cup frozen or fresh mango (finely diced)
- 1 handful of cilantro (diced)
- up to 4-6 ounces pre-cooked, diced chicken breast or grilled or baked lean white fish
- diced onion (diced)
- 1 – 2 Tbs salsa (optional)
- sprouted pumpkin seeds (2 tsp for E or 1 ½ – 2 Tbs for XO)



- 1/8 avocado for E or 1/2 avocado for XO (optional)
- Tajin (or other chili lime seasoning to taste)
- 1/2 lime (use the juice from 1/2 of a lime)

INSTRUCTIONS:

1. Assemble ingredients in a bowl to your liking (either toss together or keep separate). Sprinkle bowl with Tajin (or other chili lime seasoning to taste) and top with lime juice.

Protein Nerd Notes:

If you use the full 4–6-ounce amount of lean chicken or white fish here, your Protein Nerd Level 3 requirements are sufficiently filled. Or you can choose Option 1 – the garnish amount (2 – 3 ounces) of chicken breast and use a half serving of one of our Optimized Protein Powders of your choice or close to a full serving of [TH Optimized Collagen](#). Or... do no chicken at all and add a full serving of [TH ESSENTIAL](#) or one of our Optimized Protein Powders of your choice to your meal.