

Trim Healthy
W I S D O M

Egg Roll Rice Bowl (E or XO)

(Depending upon the addition of peanut butter)

One of the most famous THM recipes is *Egg Roll in a Bowl* from our first cookbook. This is a nod to that recipe but in a single-serve E version, and it is simpler and faster to make. The coleslaw or sliced cabbage give lots of food volume to this recipe, the rice provides adrenal nurturing carbs, and the protein can be a lean form of whatever you prefer and in whatever E protein option best suits you. See page 380 of THW for more of the different types of Wizzy E proteins.

Single Serve Recipe

INGREDIENTS:

For the Sauce

- 2 Tbs [TH Defatted Peanut Flour](#)
(add 1 Tbs sugar- free, peanut butter for XO)
- 2 Tbs water
- Bragg Liquid Aminos or soy sauce
(to taste)
- ¼ tsp ginger powder
- garlic powder (optional; to taste)
- onion powder (optional; to taste)

For the Veggie/Meat Mix

- 2 very large handfuls bagged coleslaw or angel hair cabbage
- ¾ tsp sesame oil for E or 1 ½ tsp for XO
- ½ - ¾ cup pre-cooked brown or black rice*
- up to 4- 6 ounces of pre-cooked lean meat of choice (ultra-lean ground turkey or cooked then rinsed ground beef work well) *
- sliced green onions to top (optional)



INSTRUCTIONS:

1. Put sauce ingredients in a small cup, stir well with a fork, and set aside.
2. Lightly spray a medium skillet with coconut or olive oil and set to medium-high heat. Add cabbage and toss frequently for a couple of minutes as it cooks. Once wilted, add sesame oil and toss well again for another minute or so.
3. Turn the skillet to low-medium. Add rice and meat protein source, and toss well again.
4. Add sauce, toss well with the veggie/meat mix, and cook for 1 more minute or until cabbage is fully done to your liking and everything is well heated together.
5. Place in bowl and top with optional green onions.

Protein Nerd Notes:

You can get your full Protein Nerd Level 3 protein amounts here by using 4 – 6 ounces of meat. If making that way, consider keeping the rice to ½ cup if your CLBM journey is still ongoing. Alternatively, you can reduce the meat to a garnish amount described on page 380 in THW (just 2 – 3 ounces) and get more protein using a powder such as a ½ serving of [TH ESSENTIAL](#) on the side, the *Side Protein & Fiber Chocolate Milk* or the *PYY Booster* using an extra tablespoon of [TH Optimized Plant Protein](#). Or you can use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side.

Other Notes:

You can use quinoa here in place of rice if your blood sugar is testier with rice or if you just prefer quinoa. Using just ½ cup of either rice or quinoa instead of ¾ may be more suited for you if you still have a way to go building back your CLBM, or you may do great with the full ¾ cup if you find it better nourishes your thyroid and adrenals. We are all unique and respond differently to different carbs and different amounts of carbs.