

Trim Healthy  
W I S D O M

## Burrito Bowl (E or XO)

(Depending upon the avocado amount)

*(P - I love Chipotle or Qdoba bowls. Check how I order them on page 495 of THW. But I also love making similar bowls at home... they turn out even more delicious than restaurant-style ones, but they were a little time-intensive... I saw the idea to freeze the basics for burrito bowls in single-serve portions in our THM Facebook group so I decided to try it. So much quicker and easier... just grab your burrito mix from the freezer and thaw it in the microwave. Or, if you're like Serene and wouldn't dare use a microwave, using a stovetop doesn't take too long... you could also take it out the night before to thaw in the fridge. Honestly... I prefer my homemade burrito bowls these days to restaurant ones.*

*Just a heads up that there are multiple carb sources used here. They are not in excess, but you can choose Protein Option 1 (described on page 380 THW) and use a smaller amount of chicken if you prefer so as not to overload your body with density or push insulin too high. Or go for the full amount of chicken and try a Burner Shot before your meal to see how you do. You have the choice to add your chicken portion to the prepped mix or to add it fresh... or use no chicken at all and get your full protein via a powder on the side.)*

Makes 6 Individual, Prep Ahead Servings

### INGREDIENTS:

#### For the Prepped Burrito Mix

- 2 cups pre-cooked brown rice
- 2 cups *Cauli Rice Hack*
- 2 (15-ounce) cans black beans (drained)
- 1 (8.5-ounce) can corn kernels (drained)
- 1 Tbs chili powder
- 1 ½ tsp cumin powder
- ½ tsp [TH Mineral Salt](#)
- pre-cooked chicken breast (optional; diced– included here or put in fresh; See Note below)



### Single Serve Add-in Choices

- finely chopped lettuce (for the bed of lettuce)
- up to 4-6 ounces diced, pre-cooked chicken breast (if not added to the prepped mix) \*(See Note below)
- large handful fresh cilantro (finely diced)
- 1/8 avocado for E or 1/2 for XO (diced)
- salsa (fresh or jarred)
- purple or yellow onion (diced)
- jalapenos (sliced or diced)
- 1/2 - 1 lime (use the juice only of a 1/2-1 lime)
- 1 dollop Greek yogurt (if you do well with it)

### INSTRUCTIONS:

#### For Prep Ahead

1. Add all burrito mix ingredients together in a large bowl and combine well.
2. Divide the mixture into 6 rounded cup portions, place them in freezer-safe baggies, and put a couple of individual portions in the refrigerator for your week and the rest in the freezer.

#### For Fresh Version

1. Chop lettuce and place it at the bottom of a large bowl.
2. Top with the heated burrito mix
3. Top with your choice of add-ins.

### Protein Nerd Notes:

Get your Protein Nerd Level 3 status covered by the full standard amount of 4 – 6 ounces of chicken or by choosing Option 1 – garnish amount, which is 2 – 3 ounces of chicken breast and enjoying a half serving of powdered protein 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 another one of our Optimized Protein Powders to your meal.