

THE FAB FOUR GUIDE SERIES · NO. 04

Masher Made
18 Ground Meat Bowls

Eighteen Fab Four bowls built on ground beef, chicken, and turkey, from Tex-Mex to Thai to Italian. Most are on the table in about 30 minutes, with protein, fat, fiber, and greens in every one.

PROTEIN FAT FIBER GREENS

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BE WELL

One pound, a whole week of dinners

The Fab Four is protein, fat, fiber, and greens. Put all four on your plate (or in your blender) and you elongate your blood sugar curve, turn off hunger hormones, and stay full for four to six hours. It's not a diet. It's light structure you can use at every meal, for every person at your table.

> *I want you to learn to trust yourself, feel confident in your decisions, and build the lifestyle you want around the foods you love.*
>
> KELLY LEVEQUE, BODY LOVE

Protein

GOAL · 20 to 40g per meal

Protein breaks down into amino acids, which help muscles and other tissues build and stay strong. It's also the biggest signal to your brain that you're full.

Eggs, chicken, grass-fed beef, wild salmon, turkey, Greek yogurt, protein powder

Fat

GOAL · 1 to 2 tbsp per meal

Fat fuels hormone production, cell growth, and brain function. It slows digestion and curbs cravings. One tablespoon of oil is about 14g of fat.

Avocado, olive oil, avocado oil, nut butter, coconut, egg yolks

Fiber

GOAL · 10g+ per meal

Fiber feeds the good bacteria in your gut, keeps you regular, and slows the absorption of glucose so your blood sugar rises and falls gently.

Chia, flax, acacia, avocado, berries, broccoli, cauliflower, beans

Greens + Color

GOAL · Half your plate, deep in color

Leafy greens and vegetables deep in color bring vitamins, minerals, phytochemicals, and water. Think the whole rainbow, not just green.

Spinach, kale, romaine, fresh herbs, peppers, tomatoes, carrots, red cabbage, beets, blueberries

Ground meat is one of the fastest ways to get a Fab Four dinner on the table. It browns in about ten minutes, takes on any flavor, and one pound stretches across a whole family. I use The Masher to break it into an even crumble as it cooks, so it browns instead of steaming in clumps.

These 18 bowls run from Tex-Mex to Thai to Italian, so dinner doesn't taste the same every night. Watch for the Fab Four Boost box on each recipe; it shows exactly what to add when a bowl comes in light on fiber.

How to read each recipe. Every recipe has a Fab Four bar up top showing roughly how many grams of protein, fat, and fiber you get in one serving, and which ingredient is doing the work. The fourth box calls out the colors on your plate. Dots next to each ingredient tell you which pillar it covers. Gram counts are estimates from USDA FoodData Central and brand labels, so treat them as a guide, not a scorecard.

THE FORMULA

Build any bowl in 30 minutes

Every recipe in this guide follows the same simple build. Once you know it, you can clean out the fridge on a Tuesday and still land a Fab Four dinner.

Protein	**1 lb ground protein per 3 to 4 people**	Grass-fed beef, turkey, chicken, pork, bison. Each 1/4 lb (raw) gives you about 20g of protein.
Fat	**1 to 2 tbsp per person**	The fat in the meat counts. Add avocado, guacamole, olive or avocado oil, cashews, sesame seeds, coconut milk.
Fiber	**Aim for 10g per bowl**	Cauliflower rice, cabbage, broccoli slaw, black beans, avocado. Half an avocado alone adds about 5g.
Greens + Color	**Half the bowl**	Spinach wilted in at the end, shredded romaine, peppers, tomatoes, carrots, fresh herbs.
Sauce	**2 to 4 tbsp**	Coconut aminos, salsa, enchilada sauce, curry paste, lime juice. Big flavor, almost no sugar.

Brown two pounds on Sunday. It reheats in three minutes and turns any bowl in this guide into a ten-minute dinner.



AMERICAN · GRASS-FED BEEF · 20 MIN

Be Well Burger Bowls

PREP 10 MIN · TOTAL 20 MIN · SERVES 5

The viral burger bowl, made with grass-fed beef: cheesy crumbles, crispy fries, romaine, avocado, and a homemade thousand island.

PROTEIN
~24g per serving
Grass-fed beef, cheddar

FAT
~41g per serving
Beef, fries, dressing, avocado, cheddar

FIBER
~7g per serving
avocado, romaine, fries

GREENS + COLOR
About 1.5 cups
Green · Red
romaine, microgreens, avocado, ketchup in the dressing

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 lb grass-fed ground beef
- Shredded grass-fed cheddar
- Romaine lettuce, chopped, for the base
- 1 bag Jesse & Ben's fries
- Microgreens
- 2 1/2 avocados (half per bowl), sliced

THOUSAND ISLAND DRESSING

- 1/4 cup Primal Kitchen mayonnaise
- 2 tbsp Primal Kitchen ketchup, 1 tbsp yellow mustard

METHOD

1. Bake the fries on a sheet pan according to the package.
2. In a skillet over medium heat, cook the ground beef until browned and fully cooked, breaking it apart with the Masher.
3. Sprinkle the cheddar over the hot beef and stir until melted.
4. Mix the mayo, ketchup, and mustard until creamy.
5. Divide romaine and microgreens into bowls, top with the cheesy beef, fries, and half an avocado each.

BOOST THE FIBER (OPTIONAL)
Stir 1 1/2 cups cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 7g to 12g of fiber.

bewellbykelly.com/blogs/blog/be-well-burger-bowls-better-for-you-viral-burger-bowl-recipe · Grams per 1/5 of the recipe.



AMERICAN · GROUND BEEF · 20 MIN

Body Love Cowboy Skillet

PREP 5 MIN · TOTAL 20 MIN · SERVES 4 · FREEZER FRIENDLY

Smoky beef, cauliflower rice, broccoli, and a mountain of spinach that cooks down to almost nothing, all in one skillet in twenty minutes.

PROTEIN
~28g per serving
Grass-fed beef

FAT
~25g per serving
Ground beef + 1/2 avocado

FIBER
~9g per serving
avocado, cauliflower rice, broccoli, spinach

GREENS + COLOR
About 2 cups
Dark green · Green · White
spinach, broccoli, avocado, cauliflower

SWAP IT
Ground turkey with zucchini and Italian spices, ground chicken with peppers and onion, or ground pork with carrot, cabbage, and sesame.

BOOST THE FIBER (OPTIONAL)
Stir 1 cup cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 9g to 13g of fiber.

Body Love Cowboy Skillet

INGREDIENTS

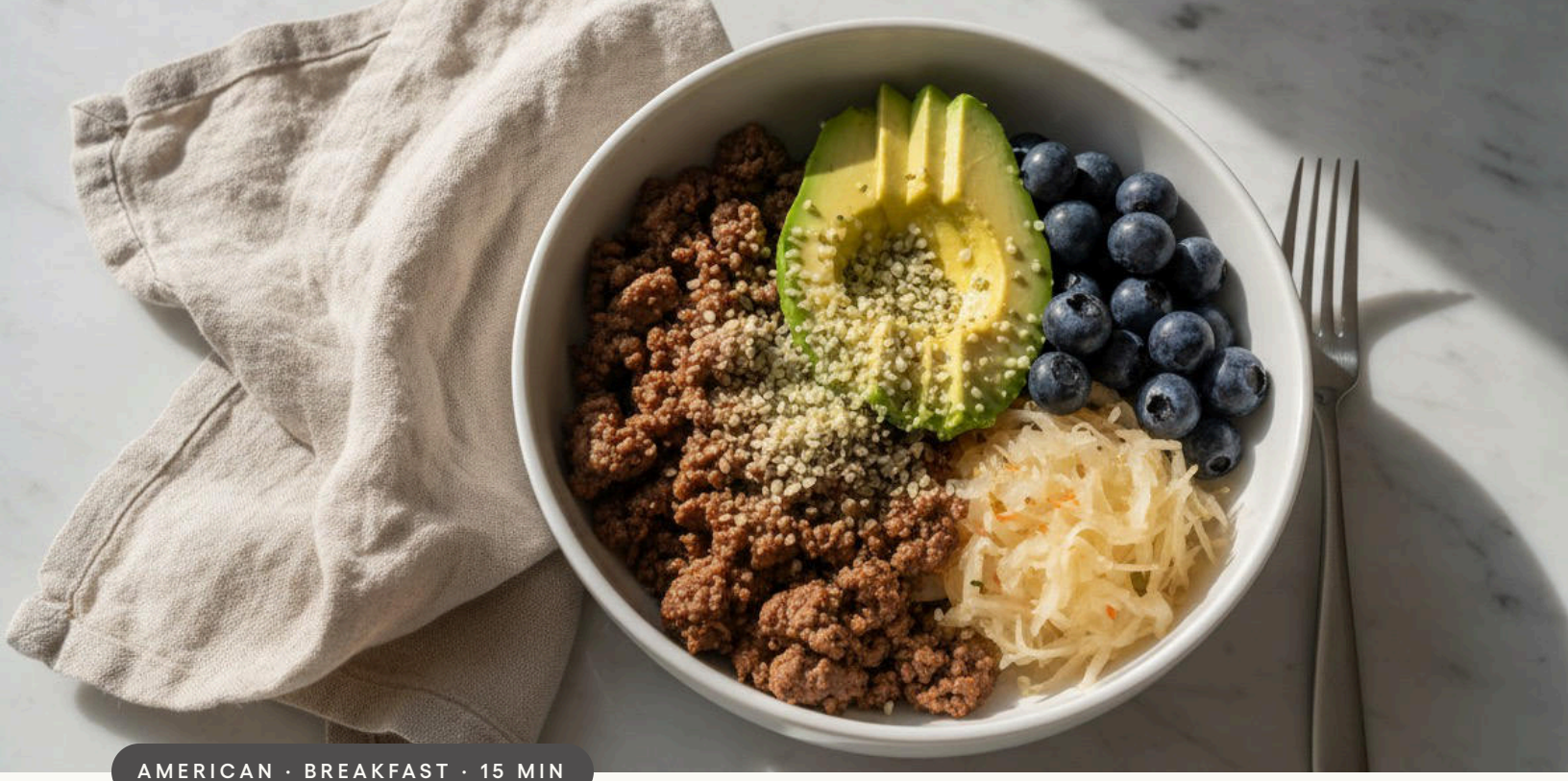
Protein · Fat · Fiber · Greens + Color

- 1 lb ground beef
- 1 tbsp smoked paprika
- 1 tbsp chili powder
- 1/2 tbsp garlic salt
- 1 tbsp Primal Kitchen ketchup
- 2 tbsp coconut aminos
- 1 (12-oz) bag organic cauliflower rice
- 1 to 2 cups broccoli, finely chopped
- 4 to 8 cups fresh spinach
- 2 tbsp nutritional yeast (optional)
- 2 avocados (half per bowl)

METHOD

1. Place ground beef in a large skillet and cook over medium-high heat until browned and cooked through, 7 to 10 minutes, breaking it into smaller pieces with a wooden spoon as it cooks.
2. Add the paprika, chili powder, garlic salt, ketchup, coconut aminos, cauliflower rice, and broccoli to the meat in the skillet. Stir to combine and cook until heated through, 3 to 4 minutes.
3. Once cooked through, add the spinach and cook until lightly wilted. Serve warm with half an avocado.
4. For a cheesy flavor, sprinkle the nutritional yeast on top (if using).

bewellbykelly.com/blogs/blog/body-love-cowboy-skillet



AMERICAN · BREAKFAST · 15 MIN

Ground Beef Breakfast Bowl

PREP 5 MIN · TOTAL 15 MIN · SERVES 1

Savory, simple, and done in fifteen minutes: grass-fed beef, avocado, blueberries, and sauerkraut, with hemp hearts sprinkled over the top.

PROTEIN
~30g per serving
4 oz grass-fed beef, hemp hearts

FAT
~34g per serving
Beef, avocado, hemp hearts

FIBER
~8g per serving
Avocado, blueberries, sauerkraut

GREENS + COLOR
About 1 cup
Green · Blue
avocado, sauerkraut, blueberries

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 4 oz grass-fed ground beef
- Salt, pepper, and garlic powder
- 1/2 avocado, sliced
- 1/2 cup blueberries
- 1/4 cup raw sauerkraut
- 2 tbsp hemp hearts
- Optional: a handful of arugula or spinach underneath

METHOD

1. Brown the beef in a small skillet over medium-high heat, breaking it up with the Masher and seasoning with salt, pepper, and garlic powder, 5 to 7 minutes.
2. Spoon it into a bowl (over greens, if using).
3. Add the avocado, blueberries, and sauerkraut alongside.
4. Sprinkle the hemp hearts over the top.

PICK THE RIGHT KRAUT
Look for raw sauerkraut in the refrigerated section. Shelf-stable jars are pasteurized, which kills the live cultures.

BOOST THE FIBER (OPTIONAL)
Stir 1/4 cup cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 8g to 12g of fiber.

Kelly's breakfast bowl. Grams with 4 oz beef and 2 tbsp hemp hearts.



TEX-MEX · GROUND BEEF · 15 MIN

Crunchy Taco Supreme Bowl

PREP 5 MIN · TOTAL 15 MIN · SERVES 1

The drive-through order, rebuilt as a bowl: grass-fed beef, Greek yogurt in place of sour cream, avocado, and a handful of crushed Siete cassava flour chips on top for the crunch.

PROTEIN
~61g per serving
8 oz grass-fed beef (raw) + Greek yogurt

FAT
~56g per serving
Ground beef, avocado, chips, cheddar

FIBER
~12g per serving
Avocado, Siete chips, romaine, tomato

GREENS + COLOR
About 2.5 cups
Green · Red
romaine, avocado, tomato

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 8 oz grass-fed ground beef (about 6 oz cooked)
- 1 to 2 tsp Siete mild taco seasoning
- 2 cups shredded romaine
- 1/2 cup diced tomato
- 6 tbsp Greek yogurt (Maple Hill)
- 1/2 avocado, diced
- Raw sharp cheddar, a sprinkle
- 1 oz Siete sea salt tortilla chips (about 14), crushed

METHOD

1. Brown the beef over medium-high heat, using the Masher to break it into a fine, even crumble.
2. Stir in the taco seasoning with a splash of water and simmer 2 to 3 minutes, until it coats the meat.
3. Build the bowl: shredded romaine, the taco beef, Greek yogurt, tomato, avocado, and a sprinkle of cheddar.
4. Crush the chips over the top right before you eat so they stay crunchy.

MEAL PREP SHORTCUT
Cooked taco meat in the fridge? Reheat it and this bowl is ready in 5 minutes.

bewellbykelly.com · Fab Four Copycat Taco Bell Crunchy Taco Supreme, rebuilt as a bowl. Chips: Siete label (3 g fiber per oz).



TEX-MEX · GROUND TURKEY · 25 MIN

Turkey Taco Cauliflower Rice Bowl

PREP 5 MIN · TOTAL 25 MIN · SERVES 4

Chili-cumin turkey, black beans, and peppers over cauliflower rice, finished with salsa and avocado. A burrito bowl without the tortilla or the crash.

PROTEIN
~41g per serving
Ground turkey + black beans

FAT
~29g per serving
1/2 avocado, turkey, avocado oil

FIBER
~15g per serving
Black beans, avocado, cauliflower rice, peppers

GREENS + COLOR
About 2.5 cups
Red · Green · White · Black
bell pepper, salsa, avocado, romaine, cilantro, cauliflower rice, black beans

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 lbs ground turkey
- 1 tbsp avocado oil
- 2 tbsp chili powder, 1 tsp cumin, 1 tsp garlic powder, salt
- 1/2 onion and 2 bell peppers, diced
- 1 (15-oz) can black beans, rinsed
- 1 (12-oz) bag cauliflower rice
- 1/2 cup salsa, plus lime wedges
- 2 avocados (half per bowl)
- Shredded romaine and cilantro, to serve

METHOD

1. Heat the oil in a large skillet over medium-high. Add the onion and peppers and cook 4 minutes.
2. Add the turkey, season with the spices and salt, and break it into fine crumbles with the Masher as it browns, 6 to 8 minutes.
3. Stir in the black beans and a splash of water and simmer 2 minutes.
4. Meanwhile, sauté the cauliflower rice in a second pan until hot and just tender, about 5 minutes. Season with salt and a squeeze of lime.
5. Build each bowl: cauliflower rice, romaine, taco turkey, salsa, half an avocado, and cilantro.

MAKE IT A TACO NIGHT
Set everything out and let everyone build their own bowl. Kids who want a tortilla can have one; the bowl still carries the Fab Four.

New recipe for this guide. Grams per 1/4 of the recipe with 1/2 avocado.



TEX-MEX · GROUND BEEF · 30 MIN

Ground Beef Nacho Fries Bowl

PREP 5 MIN · TOTAL 30 MIN · SERVES 1 (SCALE IT UP FOR THE FAMILY)

Crispy fries, seasoned grass-fed beef, Greek yogurt in place of sour cream, and guacamole. Nachos, rebuilt so they actually hold you.

PROTEIN
~37g per serving
Grass-fed beef, Greek yogurt

FAT
~38g per serving
Ground beef, avocado, fries, yogurt

FIBER
~8g per serving
Avocado, romaine, pico, fries

GREENS + COLOR
About 1 cup
Green · Red
guacamole, romaine, cilantro, pico de gallo

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 serving Jesse & Ben's fries
- 5 oz grass-fed ground beef
- 1 packet Siete mild taco seasoning
- 1 full scoop grass-fed Greek yogurt (in place of sour cream)
- 1/2 avocado, mashed (or about 1/4 cup guacamole)
- Fresh cilantro, 1 cup shredded romaine, and 1/3 cup pico de gallo

METHOD

1. Bake the fries according to the package until crispy and golden.
2. While they bake, brown the beef over medium-high heat, breaking it up with the Masher. Add the taco seasoning and water per the packet, and simmer 2 to 3 minutes.
3. Start with the romaine, then the crispy fries, seasoned beef, a generous scoop of Greek yogurt, the mashed avocado, pico, and cilantro.
4. Serve right away.

BOOST THE FIBER (OPTIONAL)
Stir 1/4 cup cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 8g to 12g of fiber.

bewellbykelly.com/blogs/blog/ground-beef-nacho-fries-bowl



ASIAN · GROUND CHICKEN, TURKEY, OR PORK · 30 MIN

Fab 4 Egg Roll in a Bowl

PREP 5 MIN · TOTAL 30 MIN · SERVES 2 TO 3

All the flavor of an egg roll without the wrapper or the fryer, and a whole head of cabbage quietly disappears into the pan.

PROTEIN
~32g per serving
Ground chicken (per 1/3 of the pan), plus cabbage

FAT
~27g per serving
Ground chicken, olive oil, avocado

FIBER
~12g per serving
Cabbage, broccoli slaw, avocado, onion

GREENS + COLOR
About 4 cups
Green · Orange · Red-purple
cabbage, broccoli, herbs, carrot in the slaw, red cabbage, radish

Fab 4 Egg Roll in a Bowl

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 small onion, diced
- 1 tbsp ginger, minced
- 1 lb ground protein (pork, chicken, or turkey)
- 1 tsp salt
- 3 to 4 tbsp coconut aminos
- Half a bag of broccoli slaw
- 1 small cabbage, shredded
- Toppings: cilantro, green onion, and/or basil, microgreens
- Sriracha, to serve
- 1 1/2 avocados (half per bowl)

METHOD

1. Add olive oil to a pan and sauté the onions and garlic until translucent and aromatic.
2. Add ground protein to the pan and season with salt. Cook until it crumbles, and drain off most of the liquid.
3. Add ginger and coconut aminos to the pan, and mix together.
4. Top with all your shredded veggies and cover to steam. Lift the lid and mix every minute or so.
5. Once the veggies are done to your liking, transfer to bowls. Top with herbs like green onion and cilantro, microgreens, Sriracha, and half an avocado.

bewellbykelly.com/blogs/blog/fab-4-egg-roll-bowl · Grams calculated with ground chicken. Pork adds more fat.



ASIAN · GROUND BEEF · 25 MIN

House Special Sticky Beef Bowl

PREP 10 MIN · TOTAL 25 MIN · SERVES 3 TO 4

Salty, sticky, caramelized beef over cauliflower rice and crunchy cabbage, with basil, mint, and something crunchy on top. Lettuce cups work too.

PROTEIN
~29g per serving
Grass-fed ground beef + cashews

FAT
~29g per serving
Ground beef, avocado, cashews

FIBER
~10g per serving
Cauliflower rice, cabbage, avocado, carrot, pepper

GREENS + COLOR
About 1.5 cups
Green · Orange · Green
butter lettuce, basil, mint, cilantro, carrot, orange pepper, cucumber

House Special Sticky Beef Bowl

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

FOR THE BOWLS

- 1 cup cauliflower rice and 1 cup shredded cabbage per bowl (or butter lettuce cups)
- 2 avocados (half per bowl)

FOR THE LETTUCE CUPS

- 1 head butter lettuce, leaves separated and kept whole
- 1 bunch fresh basil, whole leaves
- 1 to 2 cups crunchy vegetables: shredded carrot, sliced orange bell pepper, cucumber

FOR THE STICKY BEEF

- 1 lb grass-fed ground beef
- 1 tsp kosher or sea salt
- 1/4 cup coconut aminos
- 1 tbsp tamari
- 1 tsp fish sauce
- 1 tbsp minced fresh ginger
- 1 tsp garlic powder, or 2 cloves garlic, minced

FOR THE TOPPINGS

- Fresh mint, cilantro, chives or green onion
- Sesame seeds, salted cashews, or chopped almonds

METHOD

1. Rinse the lettuce and gently separate the leaves, keeping them whole so they hold together like little cups. Pat dry and set out on a platter.
2. Prep the crunchy vegetables and chop the herbs. Set everything within reach, because once the beef goes on the heat this moves fast.
3. Mix the sauce: coconut aminos, tamari, fish sauce, ginger, and garlic in a small jar.
4. Heat a cast iron skillet over medium-high, add the beef, break it up, and salt it generously as it cooks so it browns instead of steaming. Cook until almost cooked through, 6 to 8 minutes.
5. Turn the heat to high and pour the sauce over the beef. Let it bubble and reduce, stirring occasionally, until it coats the meat in a sticky glaze and the edges go crispy, 4 to 6 minutes.
6. Build: cauliflower rice and cabbage, crunchy vegetables, the hot sticky beef, half an avocado, then mint, cilantro, green onion, and sesame seeds or cashews.

bewellbykelly.com/blogs/blog/house-special-sticky-beef-lettuce-cups



ASIAN · GROUND BEEF · 25 MIN

Fab 4 Green Curry Beef and Cabbage Bowl

PREP 5 MIN · 15 MIN WITH PRE-COOKED BEEF (25 FROM RAW) · SERVES 4

Fried green curry paste, coconut milk, and half a head of cabbage that goes silky in about four minutes, so you get big Thai flavor out of a single pan.

PROTEIN
~32g per serving
Ground beef, cashews

FAT
~45g per serving
Full-fat coconut milk, ground beef, cashews, sesame

FIBER
~5g per serving
cabbage, cashews, cauliflower rice

GREENS + COLOR
About 2 cups
Green · Green · White
cabbage, celery, basil, cilantro, green onion, lime, cauliflower rice

BOOST THE FIBER (OPTIONAL)
Stir 1 1/2 cups cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 5g to 11g of fiber.

Fab 4 Green Curry Beef and Cabbage Bowl

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

IN THE PAN

- 1 lb ground beef, cooked and crumbled, fat left in the pan
- 1 can (13.5 oz) full-fat coconut milk, do not shake it
- 2 tbsp green curry paste
- 1/2 medium green cabbage, sliced thin (about 6 cups)
- 2 celery stalks, sliced thin on an angle
- 4 green onions, whites sliced, dark green tops saved
- 3 tbsp coconut aminos
- 1 tbsp fish sauce
- 1 cup basil leaves, torn
- 1/2 lime

FOR THE BOWLS

- 3 cups cooked rice: all cauliflower rice or 50/50 with white
- 1 cup cilantro, leaves and tender stems
- 1/2 cup cashews, roughly chopped
- 1 tbsp sesame seeds
- Momofuku chili crunch

METHOD

1. Open the coconut milk without shaking it and spoon the thick cream off the top into the pan with the beef. Add the curry paste. Medium-high, stirring, 2 to 3 minutes, until the paste darkens and the oil separates at the edges. Don't rush this step.
2. Pile the cabbage, celery, and white parts of the green onion on top. Lid on, 4 minutes.
3. Lid off. Stir everything together, then add the rest of the coconut milk, the coconut aminos, and the fish sauce. Simmer uncovered 3 minutes.
4. Burner off. Tear in the basil, squeeze the lime over, stir once. Taste and add fish sauce if it needs salt.
5. Rice in the bottom of each bowl, curry ladled over. Then cashews, sesame seeds, cilantro piled on tall, green onion tops, and the chili crunch last.

bewellbykelly.com/blogs/blog/fab-4-green-curry-beef-and-cabbage-bowl · Grams calculated with 50/50 rice.



ASIAN · GROUND CHICKEN · 20 MIN

Chicken Larb Bowl

PREP 10 MIN · TOTAL 20 MIN · SERVES 4

Thai-style ground chicken with lime, fish sauce, shallot, and a fistful of mint and cilantro over crunchy cabbage. Bright, fast, and no soy or coconut aminos.

PROTEIN
~38g per serving
Ground chicken + cashews

FAT
~35g per serving
1/2 avocado, chicken, cashews

FIBER
~11g per serving
Cabbage, avocado, mint, cashews

GREENS + COLOR
About 3 cups
Green · Purple
cabbage, mint, cilantro, cucumber, avocado, red cabbage, shallot

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 lbs ground chicken
- 1 tbsp avocado oil
- 3 tbsp fish sauce + juice of 2 limes
- 1 to 2 Thai chiles or 1/2 tsp red pepper flakes
- 2 shallots, thinly sliced; 4 green onions, sliced
- 1 cup mint leaves and 1 cup cilantro, torn
- 1 small head green and/or red cabbage, finely shredded (about 8 cups)
- 2 Persian cucumbers, sliced
- 1/2 cup cashews, toasted and chopped
- 2 avocados (half per bowl)

METHOD

1. Heat the oil in a large skillet over medium-high. Add the chicken and break it into fine crumbles with the Masher as it cooks, 6 to 8 minutes.
2. Turn off the heat. Stir in the fish sauce, lime juice, chiles, shallots, and green onions while the pan is still hot.
3. Let it cool for 2 minutes, then fold in most of the mint and cilantro.
4. Pile the cabbage and cucumbers into bowls, spoon the larb over, and finish with cashews, the rest of the herbs, and half an avocado.

MAKE IT A WRAP
Larb is traditionally eaten in lettuce or cabbage leaves. Serve a stack of butter lettuce on the side and let everyone scoop.

New recipe for this guide. Grams per 1/4 of the recipe with 1/2 avocado.



MEDITERRANEAN · GROUND CHICKEN · 30 MIN

Chicken Shawarma Bowl with Tzatziki

PREP 15 MIN · TOTAL 30 MIN · SERVES 4

Warm-spiced ground chicken with cumin, paprika, and turmeric over a crunchy cucumber-tomato salad, with cool tzatziki, pickled onion, and hummus.

PROTEIN
~47g per serving
Ground chicken, yogurt, chickpeas, hummus

FAT
~35g per serving
Olive oil, chicken, hummus, yogurt

FIBER
~12g per serving
Chickpeas, hummus, romaine, tomatoes, parsley

GREENS + COLOR
About 3 cups
Green · Red · Purple · Yellow
romaine, parsley, cucumber, dill, tomatoes, pickled red onion, turmeric

MAKE IT AHEAD
The tzatziki and pickled onions both keep 4 to 5 days in the fridge. Make a double batch and this bowl comes together in 10 minutes.

Chicken Shawarma Bowl with Tzatziki

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

SHAWARMA CHICKEN

- 1 1/2 lbs ground chicken (or turkey)
- 2 tbsp olive oil
- 2 tsp cumin, 2 tsp smoked paprika, 1 tsp coriander, 1 tsp turmeric, 1/4 tsp each cinnamon and allspice
- 3 garlic cloves, minced; juice of 1/2 lemon; salt

TZATZIKI

- 1 cup Greek yogurt (or coconut yogurt)
- 1/2 cucumber, grated and squeezed dry
- 1 garlic clove, 1 tbsp chopped dill, squeeze of lemon, 1 tbsp olive oil

BOWLS

- 6 cups chopped romaine
- 1 cucumber + 2 tomatoes + 1/2 cup parsley, chopped
- 1 (15-oz) can chickpeas, rinsed, tossed into the salad
- 1/2 red onion, sliced thin and soaked in red wine vinegar + salt for 10 minutes
- 1 cup hummus (1/4 cup per bowl)

METHOD

1. Quick-pickle the onion first: cover with red wine vinegar and a pinch of salt and set aside.
2. Stir the tzatziki together and chill it while you cook.
3. Heat the oil in a large skillet over medium-high. Add the chicken and spices and break it into crumbles with the Masher as it browns, 6 to 8 minutes. Finish with the garlic and lemon for the last minute.
4. Toss the cucumber, tomatoes, parsley, and chickpeas with a pinch of salt.
5. Build: romaine, the chopped salad, shawarma chicken, a scoop of hummus, a spoonful of tzatziki, and pickled onions on top.

New recipe for this guide. Grams per 1/4 of the recipe.



MEDITERRANEAN · GROUND TURKEY · 40 MIN

Lemony White Bean Soup with Turkey & Greens

PREP 10 MIN · TOTAL 40 MIN · SERVES 4 TO 6

A brothy, lemony bowl of ground turkey, white beans, and a whole bunch of greens, with ginger and cumin for warmth. It has thousands of five-star reviews for a reason, and it's the one bowl in here you eat with a spoon.

PROTEIN
~27g per serving
Ground turkey, white beans

FAT
~17g per serving
Olive oil, turkey

FIBER
~9g per serving
White beans, kale, carrot, herbs

GREENS + COLOR
About 1.5 cups
Dark green · Orange · Yellow
kale or collards, herbs, carrot, lemon

KELLY'S VERSION
I use a full pound of ground turkey (the original calls for half) so every bowl carries real protein. A handful of diced celery with the onion and carrot is a good addition too.

BOOST THE FIBER (OPTIONAL)
Stir 1 cup cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 9g to 12g of fiber.

Lemony White Bean Soup with Turkey & Greens

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 3 tbsp extra virgin olive oil
- 1 large onion and 1 large carrot, diced
- 1 lb ground turkey
- 1 tbsp tomato paste, 3/4 tsp cumin, 1/8 tsp red pepper flakes
- 3 garlic cloves, minced; 1 tbsp grated fresh ginger; kosher salt
- 4 cups chicken broth
- 2 (15-oz) cans white beans, drained and rinsed
- 1 bunch sturdy greens (kale, collards, or mustard greens), chopped
- 1 cup soft herbs (parsley, mint, dill, or chives)
- Fresh lemon juice (start with 1/2 lemon)

METHOD

1. Heat the oil in a large pot over medium-high. Cook the onion and carrot until very soft and golden at the edges, 7 to 10 minutes.
2. Add the tomato paste, cumin, and pepper flakes and stir 1 minute, until the paste darkens.
3. Add the turkey, garlic, ginger, and 1 tsp salt. Break it into crumbles with the Masher and cook until browned, 4 to 7 minutes.
4. Add the broth and beans and simmer 15 minutes. Smash some beans against the pot for a thicker soup.
5. Add the greens and simmer until tender, 5 to 10 minutes for kale.
6. Off the heat, stir in the herbs and lemon. Taste and adjust, then serve with a drizzle of olive oil.

Inspired by Melissa Clark's recipe for NYT Cooking. Kelly's version: bewellbykelly.com/blogs/blog/lemony-white-bean-soup-with-turkey-and-greens. Grams per 1/5 of the pot.



ITALIAN · GROUND TURKEY · 25 MIN

Tuscan Turkey & Zucchini Skillet

PREP 5 MIN · TOTAL 25 MIN · SERVES 4

The Italian version of the Cowboy Skillet: ground turkey with zucchini, squash, cherry tomatoes, white beans, and a pile of spinach, all in one pan.

PROTEIN
~40g per serving
Ground turkey, white beans

FAT
~21g per serving
Olive oil, turkey

FIBER
~7g per serving
White beans, zucchini, tomatoes, spinach

GREENS + COLOR
About 3 cups
Green · Yellow · Red
zucchini, spinach, basil, yellow squash, cherry tomatoes

SWAP IT
This is the turkey swap from the Body Love Cowboy Skillet, written out with beans and spinach so it carries all four pillars.

BOOST THE FIBER (OPTIONAL)
Stir 1 cup cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 7g to 11g of fiber.

Tuscan Turkey & Zucchini Skillet

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 lbs ground turkey
- 2 tbsp olive oil
- 1/2 onion, diced; 3 garlic cloves, minced
- 2 tsp Italian seasoning, 1/2 tsp red pepper flakes, salt and pepper
- 2 zucchini + 1 yellow squash, diced
- 1 pint cherry tomatoes, halved
- 1 (15-oz) can cannellini beans, rinsed
- 4 cups baby spinach
- Fresh basil; grated Parmesan (optional)

METHOD

1. Heat the oil in a large skillet over medium-high. Cook the onion 3 minutes.
2. Add the turkey, garlic, Italian seasoning, and pepper flakes. Break it into crumbles with the Masher as it browns, 6 to 8 minutes. Season with salt.
3. Add the zucchini, squash, and tomatoes and cook 5 minutes, until the squash is just tender and the tomatoes start to burst.
4. Stir in the beans to warm through, then fold in the spinach until it wilts.
5. Finish with basil and Parmesan if you like.

New recipe for this guide, built on the turkey swap in the Body Love Cowboy Skillet post. Grams per 1/4 of the pan.



ITALIAN · GRASS-FED BEEF · 30 MIN

One-Pot Lazy Lasagna

PREP 5 MIN · TOTAL 30 MIN · SERVES 6

Meat sauce, protein pasta, dollops of cottage cheese, spinach, and zucchini, finished with melty mozzarella under the broiler. Every layer of lasagna, none of the layering.

PROTEIN
~39g per serving
Beef, lupin pasta, cottage cheese, mozzarella

FAT
~22g per serving
Beef, mozzarella, olive oil

FIBER
~12g per serving
Chef's Kiss lupin pasta, marinara, zucchini, spinach

GREENS + COLOR
About 1 cup
Red · Green
marinara, spinach, zucchini, basil

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 lb grass-fed ground beef
- 1 to 2 tbsp extra virgin olive oil
- 1 jar marinara sauce (Primal Kitchen)
- 1 box Chef's Kiss protein rotini, cooked
- 1 to 2 cups spinach
- 1 zucchini, chopped
- 1 cup cottage cheese (or vegan ricotta)
- 1 cup mozzarella (or vegan mozzarella)
- Fresh basil, to serve

METHOD

1. Heat the olive oil in a large, oven-safe skillet over medium. Add the beef and break it up with the Masher until about halfway browned.
2. Pour in the marinara and simmer a few minutes.
3. Stir in the cooked rotini and lower the heat to a gentle simmer.
4. Spoon dollops of cottage cheese (whipped, if you like) into the pasta.
5. Fold in the spinach and zucchini and let the spinach wilt.
6. Top with mozzarella and broil 2 to 4 minutes, until golden and bubbly. Garnish with basil.

WHY THE PASTA MATTERS

Chef's Kiss lupin rotini carries 20g of protein and 14g of fiber per serving, which is why a pasta dinner lands at about 12g of fiber here.

bewellbykelly.com/blogs/blog/one-pot-lazy-lasagna-protein-packed-family-friendly · Pasta values from the Chef's Kiss label. Grams per 1/6 of the pan.



ITALIAN · GROUND TURKEY · 25 MIN

Turkey Pizza Bowl

PREP 5 MIN · TOTAL 25 MIN · SERVES 4

Everything you love on a supreme pizza in a bowl: Italian-spiced turkey, peppers, mushrooms, olives, and marinara, with melted mozzarella on top.

PROTEIN
~40g per serving
Ground turkey, mozzarella

FAT
~23g per serving
Turkey, mozzarella, olives, olive oil

FIBER
~5g per serving
peppers, spinach, mushrooms, marinara

GREENS + COLOR
About 2.5 cups
Red · Green · Purple
bell pepper, marinara, green pepper, spinach, basil, red onion, black olives

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 lbs ground turkey
- 1 tbsp olive oil
- 2 tsp Italian seasoning, 1 tsp fennel seed, 1/2 tsp red pepper flakes, 1 tsp garlic powder, salt
- 1 red + 1 green bell pepper, sliced
- 8 oz mushrooms, sliced; 1/2 red onion, sliced
- 1/4 cup sliced black olives
- 1 cup marinara
- 4 cups baby spinach or arugula, for the base
- 1/2 cup shredded mozzarella, for the top; fresh basil

METHOD

1. Heat the oil in a large oven-safe skillet over medium-high. Add the turkey with the Italian seasoning, fennel, pepper flakes, garlic powder, and salt, and break it into crumbles with the Masher as it browns, 6 to 8 minutes. Move it to a plate.
2. In the same pan, cook the peppers, mushrooms, and onion until tender and browned at the edges, 6 to 8 minutes.
3. Return the turkey, stir in the marinara and olives, and simmer 2 minutes.
4. Shower the shredded mozzarella over the top and broil 2 minutes, until melted and bubbly.
5. Spoon over spinach or arugula and finish with basil.

BOOST THE FIBER (OPTIONAL)
Stir 1 1/2 cups cooked black lentils in with the meat. They disappear into the crumbles, take on the seasoning, and take each serving from about 5g to 11g of fiber.

New recipe for this guide. Grams per 1/4 of the recipe.



AMERICAN · GROUND CHICKEN · 20 MIN

Buffalo Chicken Bowl

PREP 10 MIN · TOTAL 20 MIN · SERVES 4

Game-day flavor for a Tuesday: buffalo ground chicken over romaine with celery, carrots, cherry tomatoes, avocado, and a drizzle of ranch.

PROTEIN
~36g per serving
Ground chicken + chickpeas

FAT
~35g per serving
Avocado, ranch, chicken, avocado oil

FIBER
~11g per serving
Avocado, chickpeas, romaine, carrots, celery

GREENS + COLOR
About 3 cups
Green · Orange · Red
romaine, celery, avocado, carrots, cherry tomatoes

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 lbs ground chicken
- 1 tbsp avocado oil
- 1/2 cup buffalo sauce (Primal Kitchen or Frank's), plus more to serve
- 1 tsp garlic powder, salt
- 6 cups chopped romaine
- 4 celery stalks, sliced; 2 carrots, shredded
- 1 cup cherry tomatoes, halved
- 1 cup chickpeas, rinsed
- 2 avocados (half per bowl)
- 1/4 cup ranch (1 tbsp per bowl); chives or green onion

METHOD

1. Heat the oil in a large skillet over medium-high. Add the chicken with the garlic powder and salt and break it into crumbles with the Masher as it browns, 6 to 8 minutes.
2. Pour in the buffalo sauce and toss until every crumble is coated. Simmer 1 minute.
3. Build each bowl: romaine, celery, carrots, tomatoes, chickpeas, buffalo chicken, and half an avocado.
4. Drizzle with ranch and a little extra buffalo sauce, and top with chives.

New recipe for this guide. Grams per 1/4 of the recipe with 1/2 avocado.



TEX-MEX · GROUND BEEF · 20 MIN

Loaded Vegetable Taco Salad with Cilantro Avocado Hummus

PREP 10 MIN · TOTAL 20 MIN · SERVES 2 TO 3

Spicy taco crumbles over romaine with a crunchy vegetable pico and a scoop of cilantro avocado hummus that does double duty as your dressing.

PROTEIN
~39g per serving
Ground beef + chickpea hummus

FAT
~42g per serving
Avocado, olive oil, ground beef

FIBER
~16g per serving
Chickpeas, avocado, romaine, spices, carrot

GREENS + COLOR
About 2.5 cups
Green · Orange · Red
romaine, cilantro, avocado, basil, carrot, tomato, radish

WHY IT WORKS
The hummus is the secret. Chickpeas plus avocado put real fiber and healthy fat in the bowl, so it lands well past 10 grams without a single tortilla.

Loaded Vegetable Taco Salad with Cilantro Avocado Hummus

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- Romaine lettuce or greens of choice

VEGETABLE-PACKED PICO

- 1 carrot, 2 radishes, 1/2 tomato, finely diced
- 1/4 cup cilantro, chopped; 1 tbsp serrano, seeded and diced
- 1/2 lime, juiced; 2 tbsp olive oil; salt

SPICY TACO MEAT

- 1 lb ground beef
- 2 tbsp chili powder, 2 tbsp smoked paprika, 1 tbsp garlic salt

CILANTRO AVOCADO HUMMUS

- 1 can garbanzo beans, rinsed and drained
- 1 to 2 avocados
- 1/2 cup cilantro, 1/4 cup basil (optional), 1 garlic clove
- 1/2 lime, juiced; 2 tbsp olive oil

METHOD

1. Finely dice the pico vegetables, salt them, and let them sit 3 to 5 minutes.
2. Brown the beef with the chili powder, garlic salt, and smoked paprika over medium heat, breaking it into crumbles with the Masher.
3. While the meat cooks, blend the hummus ingredients on high (pulse for a chunkier texture).
4. Toss the pico with lime juice, olive oil, and salt.
5. Plate a bed of romaine, then the taco meat, the pico, and a scoop or two of hummus.

bewellbykelly.com/blogs/blog/loaded-vegetable-taco-salad-with-cilantro-avocado-hummus · Grams per 1/3 of the recipe.



TEX-MEX · GROUND BEEF · 30 MIN

Ground Beef Tostada Salad

PREP 5 MIN · TOTAL 30 MIN · SERVES 4

Taco night with a crunchy grain-free tortilla on the bottom, avocado smash in the middle, and a big pile of salad on top.

PROTEIN
~28g per serving
Ground beef, plus tortilla and romaine

FAT
~34g per serving
Avocado, ground beef, avocado oil, almond flour tortilla

FIBER
~12g per serving
Avocado, romaine, spices, pepper, tomatoes, tortilla

GREENS + COLOR
About 2.5 cups
Green · Red · Orange
romaine, cilantro, avocado, grape tomatoes, bell pepper

WHY IT WORKS
Two avocados across four plates gives everyone about half an avocado. That one ingredient covers most of your fat and nearly half your fiber.

Ground Beef Tostada Salad

INGREDIENTS

Protein Fat Fiber Greens + Color

- 1 lb ground beef
- 2 tbsp chili powder
- 2 tbsp smoked paprika
- 1 1/2 tsp garlic powder
- 3/4 tsp red pepper flakes
- 1 tsp pink Himalayan salt, plus more to taste
- 8 cups shredded romaine lettuce
- 1 cup halved grape tomatoes
- 1/2 cup cilantro leaves
- 1 orange bell pepper, cut into 1/4-inch dice
- 1 tbsp avocado oil
- Juice of 1 lime
- 2 avocados
- 1 garlic clove, minced
- 4 Siete almond flour tortillas (or another grain-free tortilla)

METHOD

1. Place the beef in a skillet and cook over medium-high heat until browned and cooked through, 7 to 10 minutes, breaking it into smaller pieces with a wooden spoon. If you prefer drier meat, drain some of the fat.
2. Add the chili powder, paprika, garlic powder, red pepper flakes, and 1 teaspoon salt. Stir the seasonings into the meat and cook 2 to 3 minutes to combine and heat through.
3. In a large bowl, toss the romaine, tomatoes, cilantro, and bell pepper with the avocado oil and half of the lime juice.
4. In a medium bowl, mash the avocado with the garlic and the remaining lime juice. Salt to taste.
5. Crisp the tortillas: throw them directly in the oven for a few minutes, or spray with avocado oil and bake them on a sheet pan all at once.
6. To serve, layer the tortillas with avocado smash, ground beef, and the romaine mixture.

bewellbykelly.com/blogs/blog/ground-beef-tostada

Your skillet, your rules

Once the formula clicks, you won't need a recipe on a weeknight. Pick a ground protein, pick a sauce, and clean out the crisper drawer.

The goal was never perfection. It's one balanced dinner, then the next one.

Want more Fab Four?

Find dozens of free Fab Four recipes at bewellbykelly.com.

Listen to the Be Well by Kelly podcast for the science behind blood sugar balance, every week.

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Nutrition values are per-serving estimates based on USDA FoodData Central and manufacturer labels, and will vary with brands and portions. This guide is for education and is not medical advice. Talk with your doctor about your individual needs. Recipes and photos © Be Well by Kelly.