



## CHOPPED “BIG MAC” SALAD

By Dr. Cindy Tanzar  
(Standard/Maintenance)

If you're looking to satisfy your cravings for some of your old favorites - try this healthy version instead! This Big Mac salad has been adapted from [wholekitchensink.com](http://wholekitchensink.com) to fit into the GHS weight loss plan. If you're not a fan of nutritional yeast (it can be an acquired taste for some) or don't have any around, it's still great without it. Nutritional yeast is full of B-vitamins and is the “cheesy” component of the Big Mac salad. You can find it at most stores next to the regular yeast. This really is a fun, tasty salad! Make sure your pickles are dill (not sweet) to avoid unwanted sugar. This recipe is enough for 4 servings. One serving covers your protein, vegetable and fat for one meal.



### INGREDIENTS

#### FOR THE BEEF (4 servings)

- 1 Tbsp avocado oil
- 1 lb. ground beef
- 1 Tbsp prepared yellow mustard
- 1 Tbsp nutritional yeast (*can use organic shredded cheese in Maintenance*)



1 tsp garlic powder  
1 tsp Pink Himalayan salt  
1/4 tsp black pepper  
1/2 tsp smoked paprika  
1 tsp dill pickle juice (no preservatives or sugar)

## INSTRUCTIONS

Combine the mustard, nutritional yeast, garlic powder, salt, pepper, smoked paprika and pickle juice in a small bowl.

Heat oil in a large pan over medium-high heat. Add ground beef and brown on one side, flip and mix in the mustard mixture. Cook until meat is browned and set aside.

At this point, you can make an entire salad for the family using the entire pound of beef or make an individual meal by making a single salad and using 1/4 of the ground beef mixture (saving the rest to re-heat for lunches).

### FOR THE SALAD (1 serving)

1-1/4 to 1-1/2 Tbsp Primal Kitchen or Genesis' 1000 Island Dressing  
1-1/2 cups organic romaine lettuce, chopped  
1/4 cup cherry tomatoes, halved  
1/8 cup red or sweet onion, diced  
1/8 cup dill pickles, diced or halved

### FAMILY MEAL (4 servings)

5-6 Tbsp Primal Kitchen or Genesis' 1000 Island Dressing  
6 cups organic romaine lettuce, chopped  
1 cup cherry tomatoes, halved  
1/2 cup red or sweet onion, diced  
1/2 cup dill pickles, diced or halved