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WHERE HEALTH BEGINS

TACO SALAD WITH LIME VINAIGRETTE

By Dr. Cindy Tanzar
(Standard)

Makes 4 servings. One serving covers your protein, vegetables, and fat.



INGREDIENTS

1 lb. grass-fed ground beef

1 tsp. avocado oil

1 cup lettuce

Add any of the following to equal two cups (including lettuce):

- Fresh tomatoes, chopped
- Cucumbers
- Scallions or red onion onions, chopped
- Organic, no sugar salsa

Diced avocado and black olives can be added, as well.

Shredded organic cheddar and sour cream can be added if you're in maintenance



1 Tbsp. GHS taco seasoning (below)

- 1 Tbsp. Chili Powder
- 1/4 tsp. Garlic Powder
- 1/4 tsp. Onion Powder
- 1/4 tsp. Crushed Red Pepper Flakes
- 1/4 tsp. Dried Oregano
- 1/2 tsp. Paprika
- 1 1/2 tsp. Ground Cumin
- 1 tsp. Sea Salt
- 1 tsp. Black Pepper (optional)

Mix all together and store leftover for later use.

INSTRUCTIONS

Heat oil in stainless-steel pan over medium to high heat. Add ground beef, breaking up into small pieces with a wooden spoon, cooking for 7-10 minutes or until beef is browned.

Stir in taco seasoning and stir until mixed well. Place lettuce, and any vegetables, on a plate and top with 3 oz. of ground beef mixture.

LIME VINAIGRETTE

1/4 cup organic olive oil

¼ cup apple cider vinegar

Zest of 1 lime

2 Tbs. fresh-squeezed lime juice

Stevia to taste

Whisk all ingredients together in a small measuring cup.