Day 2, Meal 5: Bedtime Snack-Sautéed Ground Turkey and Spinach

**Ingredients:**
- Olive oil, 1 tbsp
- Ground turkey, raw, 4 oz.
- Spinach, 2 cups

**Directions:**
1. Coat a skillet with olive oil and heat over medium heat.
2. Cook the ground turkey and seasonings of choice until there's no pink left.
3. Add spinach and cook until the spinach is wilted, about 1 minute.

**Nutrition Facts:**
- Serving size: 1 recipe
- Recipe yields 1 serving
- Calories: 264
- Fat: 20 g
- Carbohydrates: 1 g
- Protein: 20 g