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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