



The Pre-Workout Turkey & Sweet Potato Skillet

Macros: 415 Calories; 32g Protein; 38g Carbs; 15g Fat

Ingredients

- 5 oz lean ground turkey (93/7)
- 1 cup sweet potato, diced into small cubes
- 1/2 cup red bell pepper, chopped
- 1/2 cup green bell pepper, chopped
- 1 cup fresh baby spinach
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1 tsp olive oil

Directions

- Heat olive oil in a skillet over medium heat. Add the diced sweet potatoes and cook for 8-10 minutes until they begin to soften.
- Add the ground turkey to the skillet, breaking it apart with a spatula. Cook until browned.
- Stir in the red and green bell peppers, smoked paprika, and garlic powder. Cook for another 3-4 minutes.
- Remove from heat and immediately fold in the spinach until wilted.