
THE PRE-WORKOUT TURKEY & SWEET POTATO SKILLET

415 Calories | 32g Protein | 38g Carbs | 15g Fat



INGREDIENTS

- 5 oz lean ground turkey (93/7)
- 1 cup sweet potato, diced into small cubes
- ½ cup red bell pepper, chopped
- ½ cup green bell pepper, chopped
- 1 cup fresh baby spinach
- ½ tsp smoked paprika
- ½ tsp garlic powder
- 1 tsp olive oil

DIRECTIONS

1. 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.
2. Add the ground turkey to the skillet, breaking it apart with a spatula. Cook until browned.
3. Stir in the red and green bell peppers, smoked paprika, and garlic powder. Cook for another 3-4 minutes.
4. Remove from heat and immediately fold in the spinach until wilted.