



## *Protein Veggie Bowl Recipe*

### INGREDIENTS

- 130g shrimp, tofu, or chicken
- 1 cup roasted sweet potato cubes
- 1 cup steamed kale
- 1 tsp olive oil
- 1 tsp lemon juice
- Optional: 1 tbps tahini

### INSTRUCTIONS

1. Roast sweet potatoes at 400°F for 30 mins.
2. Steam kale until soft, drizzle with olive oil and lemon.
3. Cook tofu or shrimp until browned or opaque.
4. Assemble bowl and drizzle tahini on top.



Healthy, Delicious, and Protein-Packed Meal