

Beef & Sweet Potato Meal Prep Bowls

Ingredients

- 1¼ pounds sweet potatoes, diced
- 1 tablespoon avocado oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1 pound lean ground beef
- 1½ teaspoons all-purpose season salt
- 16 ounces cottage cheese (2% or low-fat)
- 6 ounces cooked black beans
- 1 small ripe avocado, sliced or diced
- 2 ounces shredded sharp cheddar
- Hot honey, drizzle
- Freshly ground black pepper

Instructions

- Preheat oven to 375°F (190°C). Line baking sheet.
- Toss sweet potatoes with oil + spices.
- Roast 25–30 minutes, rotate halfway.
- Cook ground beef until no longer pink, drain fat.
- Season beef with all-purpose seasoning.
- Build bowls: sweet potatoes, beef, black beans.
- Top with cottage cheese, avocado, cheddar.
- Finish with hot honey + black pepper.

Nutrition (per serving)

574 kcal • 47g protein • 44g carbs • 24g fat • Fiber 9g • Sugar 9g • Sodium 1408mg

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