



Meal Prep Veggie Bowls

3 servings

35 minutes

Ingredients

- 4 cups Broccoli (chopped into florets)
- 2 Sweet Potato (small, chopped into cubes)
- 1 tsp Avocado Oil
- 1/2 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Green Beans (trimmed)
- 6 Egg

Nutrition

Amount per serving	
Calories	294
Fat	12g
Saturated	3g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	372mg
Sodium	246mg
Potassium	963mg
Vitamin A	14183IU
Calcium	165mg
Iron	4mg
Vitamin D	82IU
Vitamin E	3mg
Vitamin B6	0.7mg
Folate	155µg
Vitamin B12	0.9µg
Magnesium	76mg
Zinc	2mg
Selenium	35µg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

Notes

Egg-Free: Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

No Avocado Oil: Use olive or coconut oil.

More Flavor: Add cayenne pepper, chili flakes or hot sauce.

Leftovers: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.