

Meal Prep Veggie Bowls

7 ingredients · 35 minutes · 3 servings



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.

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	296	Cholesterol	372mg
Fat	12g	Sodium	247mg
Carbs	31g	Vitamin A	14183IU
Fiber	8g	Vitamin C	118mg
Sugar	8g	Calcium	165mg
Protein	19g	Iron	4mg