

## (DF) Gut Friendly Beef Tacos

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Servings: 2 (save 1 serving for tomorrow's lunch)

### Ingredients

#### Protein:

- 6 ounces Organic Gr. Beef
- 1 teaspoon Organic Ground Cumin
- 1 Tablespoon Organic Chili Powder
- 1 teaspoon Organic Oregano, dried
- 1/2 teaspoon Organic Smoked Paprika
- 1/2 teaspoon Organic Black Pepper
- 1/2 teaspoon Pink Himalayan Sea Salt

#### Guacamole

- 1 large Avocado
- 1/4 large Lime, Juiced
- 1/8 teaspoon Pink Himalayan Sea Salt
- Dash Organic Black Pepper
- 1/4 cup Organic Cilantro leaves, chopped

#### Lettuce 'shells' and Toppings

- 6 Large Organic Lettuce Leaves

### Instructions

1. In a medium Frying pan/skillet cook ground beef, chopped yellow onion and all the spices over medium heat until beef is cooked to your liking and the onions are translucent. Cover and set aside. (Avoid onions and garlic while on this programs.)
2. Rinse lettuce leaves with fresh water and pat dry. (save 3 leaves for tomorrow's lunch)
3. In a large bowl, scoop out your 1/2 your avocado and mash with a fork until desired consistency is reached. Chop your cilantro (store half of each in a glass container for tomorrow's lunch) and add to the mashed avocado along with salt and pepper to taste.
4. Lastly, rinse your organic radishes and slice into halves or quarters.
5. Build your lettuce boat starting with the lettuce leaf as the base. Add equal amounts of beef, radish slices, and guacamole.

