



Turkey Breakfast

- 1lb ground turkey
- 2 small sweet potatoes
- 1 yellow onion
- 1 apple
- 1 rib of celery
- About a handful of fresh basil
- Salt and pepper to taste



1. Start by sautéing the ground turkey, when it's about half way cooked throw in the chopped onions and sweet potatoes.
2. Let that simmer for a few minutes and cut up the apple and finely dice the celery. Throw these in to the mixture. I put the lid on a cooked for about 10 or so minutes.
3. Then throw in the basil, and put the lid back on.
4. Once the turkey is cooked through and the sweet potatoes are cooked you're done!

Eat warm with some avocado or fruit!

Divide into Tupperware in your fridge for the am or post workout meal.

Enjoy!