

Turkey Tacos

Makes 5 servings · about 2 tacos each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 22 g · Fiber 5 g · Calories 310	

Ingredients

- 1 lb ground turkey
- 1 Tbsp olive oil
- 2 Tbsp taco seasoning (five or fewer ingredients, or homemade from chili powder, cumin, paprika, and garlic powder)
- 10 whole-grain tortillas (or lettuce leaves)
- 1 cup tomato, diced
- ½ cup red onion, diced
- ¼ cup fresh cilantro, chopped
- 1 avocado, sliced
- ½ cup shredded cheddar cheese (optional)

Directions

1. Heat the olive oil in a skillet over medium; add the ground turkey and cook, breaking it up, until browned and cooked through.
2. Stir in the taco seasoning and a splash of water; simmer 2–3 minutes.
3. Warm the tortillas. Fill each with the turkey and top with tomato, onion, cilantro, avocado, and cheese if using.

Note: Use lettuce leaves in place of tortillas for a lighter, grain-free option.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium tomato (about 1 cup diced)
- ☐ 1 medium red onion (about ½ cup diced)
- ☐ 1 small bunch cilantro
- ☐ 1 avocado

MEAT & POULTRY

- ☐ 1 lb ground turkey

DAIRY & EGGS

- ☐ ½ cup cheddar cheese

BAKERY & GRAINS

- ☐ 10 whole-grain tortillas

PANTRY & DRY GOODS

- ☐ 2 Tbsp taco seasoning (five or fewer ingredients, or homemade from chili powder, cumin, paprika, and garlic powder)

CHECK YOUR PANTRY

- ☐ Olive oil