

## **Need A Quick and Easy Healthy Dinner Recipe?**

When it comes to making meals, I like to keep things simple and quick with minimal ingredients. This recipe is perfect for meal prepping and uses whole ingredients packed with healthy carbs and proteins. Lasting up to four days stored in the refrigerator, you'll have almost a week's worth of dinner in just under 30 minutes.

<https://www.youtube.com/watch?v=1hpwLleZ0b4&feature=youtu.be>