



BLT BOWL

	Ingredients	Exchanges
Protein	18.5 gm pan-fried bacon	3.7 (-3.7 gm fat)
Fat	26.3 gm mayonnaise	6 (-3.7 gm)
Carbohydrate	12.6 gm fresh tomatoes -----	0.6 -----
	15.6 gm romaine lettuce	0.7
Other	Salt and pepper	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Pan fry the bacon until crispy.
- Chop all ingredients into small pieces.
- In a bowl, combine the mayonnaise with the chopped lettuce.
- Season with salt and pepper; stir.
- Top with chopped bacon and fresh chopped tomatoes.
- Serve chilled.

VARIATIONS

- This recipe is very flexible and can be adjusted as needed to any meal plan.
- Other proteins can be used such as turkey bacon, grilled chicken, chopped cooked salmon, or shredded cooked cod.
- Vegenaïse® can be used in place of mayonnaise.
- Other carbohydrates can be used such as avocado, raw onion, or dill pickles.