

Trim Healthy
W I S D O M

Charred Corn Rice Bowl (E or XO)

(Depending upon avocado choice)

This is like a cross between a rice bowl and a refreshing salad, perfect for eating outside in summer months using fresh corn cut from the cob or enjoying year-round using frozen or canned corn.

Single Serve Recipe

INGREDIENTS:

- ½ - 1 ½ cups *Cauli Rice Hack*
- ½ cup fresh, frozen, or canned corn
- ¼ - ⅓ cup black beans
- up to 4 – 6 ounces of pre-cooked diced lean chicken breast or grilled or baked white fish
- [TH Mineral Salt](#) (to taste)
- black pepper (to taste)
- cumin powder (to taste)
- cucumber (optional, diced, any amount)
- ⅛ of an avocado for E or
½ avocado for XO (diced)
- ½ - 1 lime (use juice only)
- 1 ½ tsp [TH Gentle Sweet](#)



INSTRUCTIONS:

1. Lightly spray a healthy-style non-stick pan with coconut or olive oil cooking spray and set to high heat. Once the pan is hot, add in corn, allow to char in places, toss, and cook for just a couple/few minutes.

2. Turn the heat to medium. Add the cauli-rice, black beans, chicken or fish, and seasonings. Toss well as the ingredients heat together in the pan. Remove from heat and transfer to a bowl.
3. Add the cucumber, avocado, lime juice, the Gentle Sweet and toss well.

Protein Nerd Notes:

The full 4-6 ounces of lean chicken or white fish will provide all your Protein Nerd Level 3 protein amounts. If your body does better with garnish amounts in E settings, use just the garnish amount of 2-3 ounces of chicken or white fish and get protein on the side with a half serving of [TH ESSENTIAL](#) or [TH Optimized Whey Protein](#) in a *Side Protein & Fiber Chocolate Milk* or via the *PYY Booster* using 1 Tbs [TH Optimized Whey](#) and 1 Tbs [TH Optimized Plant Protein](#). Or use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side.