**Steak, Bacon & Beans**

8 oz. grilled sirloin steak

¼ cup garbanzo beans

¼ cup black beans

¼ cup cooked jasmine rice (about ¾ cup cooked)

1 slice bacon

¼ green bell pepper, sliced

1 cup chopped spinach

1 cup chopped broccoli

1 cup Brussel sprouts

Place all ingredients in a bowl and enjoy

Makes 1 serving

Calories: 650-675

Carbs: 55-60g

Fat: 15-20g

Protein: 65-70g