

Healthy Walking Tacos: A Quick, Fun, and Customizable Meal

Servings: 4 Prep: 10 MIN Cook time: 10 MIN

Ingredients

To make taco meat:

- 1 lb grassfed ground meat (beef, chicken, turkey)
- 1 packet of siete foods [taco seasoning](#)
- 1/3 cup water

Toppings:

- individual chip bags (favorites: [Jackson's Chips](#), [Siete Foods](#), [Barnana Plantain chips](#))
- shredded lettuce
- diced tomatoes or salsa
- avocado
- lime wedges
- cilantro
- cheese or queso
- sour cream or greek yogurt
- [pickled onions](#)
- [avocado lime crema](#)



Instructions:

1. To a skillet, add 1 Tbsp avocado oil over medium high heat. Add your ground meat to the skillet and break apart as it cooks. Mix in the seasonings and water once browned. Transfer the meat into a bowl and set aside until ready to assemble walking tacos.
2. Prepare the rest of the toppings of your choice!
3. When ready to assemble, take individual sized chip bags and roll down the tops. (You can also add chips to a bowl if you don't have chip bags!) Fill the bags or bowl with taco meat and the rest of your desired toppings. Enjoy!