

WHAT DOES A BIKINI COMPETITOR EAT?

STICKY ASIAN RICE & GROUND BEEF

STICKY ASIAN RICE

Due to their even cooking mechanisms, rice cookers are the perfect appliance to cook asian sticky rice and it comes out perfectly every single time with little to no effort. Sticky rice is a type of rice grown in East and Southeast Asia that is stickier than traditional rice when cooked. You can buy sticky rice at most Asian grocery stores or online.

From: dailydish.co.uk

Prep Time: 5 min. **Cook Time:** 25 min. **Total Time:** 30 min.

Equipment: 1 Rice Cooker

Nutrition data varies depending on what rice you use.

INGREDIENTS

Rice

Water

¼ teaspoon Salt

DIRECTIONS

1. Using a rice cooker, measure the rice for the number of servings you want and pour it into a strainer. Run water over it to remove the starch. When it runs clear, place the rice into the rice cooker.
2. Add the water up to the line on the inside of the rice cooker equal to the number of servings you are making.
3. Add the salt and stir. Turn the rice cooker on. The rice cooker will turn itself to warm automatically. Once it does, allow the rice to sit with the lid on for 5 minutes.
4. Take the lid off the rice cooker and allow the steam to escape for 2 minutes.



HOMEMADE TRADER JOE'S EVERYTHING BUT THE BAGEL SEASONING

From: Theedgyveg.com

Prep Time: 1 min. **Total Time:** 1 min.

Prepared: Approx. ½ cup **Serving Size:** Approx. 1Tbsp.

Nutrition Information: Calories: 33, Fat: 2.5g, Trans Fat: 0g, Carbohydrates: 2.2g, Sugar: 0.2g, Sodium: 547mg, Fiber: 1g, Protein: 1.15g, Cholesterol: 0mg

INGREDIENTS

- 1½ Tablespoons Poppy Seeds
- 2 Tablespoons White Sesame Seeds
- 1 Tablespoon Black Sesame Seeds
- 1½ Tablespoons Dried Minced Garlic
- 1½ Tablespoons Dried Onion Flakes
- 2 teaspoons Flaked Sea Salt or Coarse Sea Ssalt

DIRECTIONS

1. In a mixing bowl or jar, combine all ingredients until well mixed.
2. Store in an air-tight container, mason or shaker jar, and keep in your pantry.
3. Sprinkle over bagels, avocado toast, scrambled tofu, potatoes, homemade bread, salads, roasted veggies and more.



BOILED GROUND BEEF

Boiling ground beef is such a quick and easy way to cook hamburger meat, and it leaves you with lean, perfect crumbles. I actually recommend boiling ground beef without seasoning, especially if you're cooking it for meal prep. Mix in seasonings after draining, or when using it in other recipes like tacos, spaghetti and chili.

From: thecookierookie.com

Prep Time: 10 min. **Cook Time:** 20 min. **Total Time:** 30 min.

Servings: 4

Nutrition data varies depending on what ground beef and seasonings you use. IFBB Pro Janine Herrera uses Maverick 96/4 lean ground beef.

INGREDIENTS

1 lb Lean Ground Beef

Water

DIRECTIONS

1. Place the ground beef in a deep stove-top pan.
2. Add enough water to cover the meat.
3. If the meat stays in clumps, break it apart with a wooden spoon until it is in small crumbles.
4. Slowly bring to a boil, stirring often so the meat stays separated.
5. Lower the temperature, cover, and simmer until the meat is brown and cooked. Approximately 15 minutes.
6. Drain.

Storage: Store cooked ground beef in an airtight container in the refrigerator for 3-4 days, or in the freezer for 2-3 months.



STICKY ASIAN RICE & GROUND BEEF ASSEMBLY

1. Place rice in bowl.
2. Add ground beef on top.
3. Add 1 teaspoon (5g) coconut oil.
4. Sprinkle with the Everything But Bagel seasoning.