

Low Carb Taco Salad

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Ingredients:

- 1 ½ cup chopped romaine lettuce
- 1/2 cup cooked [taco meat](#)
- 1/4 cup shredded cheddar cheese
- 1/4 cup [guacamole](#)
- 1/4 cup sour cream
- 1/4 cup chopped cherry tomatoes
- 1/8 cup sliced black olives
- 2 Tbsp chopped onion

Directions:

Add ingredients to a plate.

All measurements are to taste and optional.

If you don't like onion, don't add it.

If you really love guacamole, add extra.

A rough guess of nutrition facts is 527 calories, 32g fat, 34 g protein, 17 g carbs, 5 g fiber, 12 Net Carbs