



CP'S CHEESEBURGER SALAD



MAKES:
1 SERVING

SERVING SIZE:
1 SERVING

CALORIES
PER SERVING

309kcal

P 35g

C 20g

F 10g

NET CARBS: 13g

PREP AND
COOK TIME:



PREP TIME
5 MINUTES



COOK TIME
3 MINUTES



TOTAL TIME
8 MINUTES

EQUIPMENT NEEDED:



Large mixing bowl



Skillet or microwave-safe plate



Spatula



Measuring cups and spoons

INGREDIENTS:



4 oz (113g) extra lean ground beef, cooked



4 cups (160g) romaine salad mix



1 slice (20g) American cheese



1/4 cup (120g) CP's Cheeseburger Spread



1 tsp (5g) Lawry's seasoned salt



6 Dill Pickle Chips



4 slices tomato



2 tbsp chopped onion



INSTRUCTIONS:

1 Prepare the salad:

In a large mixing bowl, toss the romaine salad mix with CP's Cheeseburger Spread until evenly coated. Set aside.



2

Cook the beef:

Skillet option: Heat a non-stick skillet over medium-high heat, add the lean ground beef, break it up with a spatula, and cook for 6–8 minutes until browned and fully cooked through, seasoning with Lawry's Seasoned Salt.



3

Melt the cheese:

Place the slice of American cheese on top of the hot ground beef and allow it to melt for about 1 minute.



4

Assemble the salad:

Arrange the warm beef and melted cheese over the dressed salad. Toss gently to combine.



5

Serve and enjoy:

Top with sliced tomatoes, a pickle and chopped onions, and this cheeseburger salad is ready to enjoy immediately.

COMPARISON TO POPULAR CHEESEBURGER BOWLS:

Category	CP's Cheeseburger Salad	Popular Cheeseburger Bowls
Calories	309kcal	600kcal
Protein	35g	25g
Carbs	20g	35g
Fat	10g	
Net Carbs	13g	
Cost per serving	\$4.00	\$12.00



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MAKES 1 SERVING
RECIPE TOTAL COST: \$4.00



CP'S CHEESEBURGER SPREAD



MAKES:
5 SERVINGS

SERVING SIZE:
1/4 cup

CALORIES
PER SERVING

48 kcal

P 5g

C 6g

F 0g

NET CARBS: 8g

PREP AND
COOK TIME:



PREP TIME
2 MINUTES



CHILL TIME
10-15 MINUTES



TOTAL TIME
12-17 MINUTES

EQUIPMENT NEEDED:



Blender or food processor



Mixing Bowl



Measuring spoons

INGREDIENTS:



1 cup (240g) low-fat
cottage cheese



4 Tbsp (45g)
ketchup



2 Tbsp (30g)
dill relish



INSTRUCTIONS:

1 Blend Cottage Cheese:

Add the cottage cheese to a blender or food processor and blend until smooth and creamy.



2

Combine Ingredients:

In a mixing bowl, whisk together the blended cottage cheese, ketchup, and dill relish until fully combined.



3

Chill and Serve:

Transfer the dressing to a container and refrigerate for 10-15 minutes to let the flavors meld together.



MAKES 4 SERVINGS
RECIPE TOTAL COST: \$1.25



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COMPARISON TO TRADITIONAL THOUSAND ISLAND DRESSING:

Category	CP's Cheeseburger Spread	Traditional Thousand Island Dressing
Calories	48 kcal	325 kcal
Protein	5g	0g
Carbs	6g	10g
Fat	0g	32g
Net Carbs	8g	10g
Cost per serving	\$0.31	\$0.52