



4 chicken breasts ~ or 1 large turkey breast/ a few turkey tenderloins
1 onion, sliced
1 green pepper, sliced
1 red pepper, sliced
1 yellow pepper, sliced
1 lime, squeezed.
2 Tbsp. cumin
2 Tbsp. chili powder
1 cup water

Throw everything into a crock-pot, veggies first. Turn on low heat for at least 8 hrs. Shred meat and dunk in juices. Serve.

I suggest using taco toppings like hot sauce, cleanse-friendly “cheese”, lettuce, tomatoes, etc. You could easily turn this into a burrito, using lettuce or Ezekiel wraps.