

# CHICKEN SAUSAGE & RAVIOLI BOWL

Serves 1 - Calories 303 - P21|C28|F12.5

*Sometimes you need a quick throw-together-dinner. Ravioli has a good amount of protein. Add in some chicken sausage and a yummy marinara and you've got a delicious protein-packed meal.*

—Jaynee

Cook ravioli and chicken sausage according to package directions. Slice cooked sausage into bite size pieces. Combine ravioli, sausage, and warmed marinara. Top with fresh basil and parmesan cheese, if desired.

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**Protein:**

1 Trader Joe's Sun-dried Tomato  
Chicken Sausage

**Carb:**

85 g Trader Joe's 3 Cheese Vegetable  
Ravioli

**Flavor:**

75 g Easy Marinara Sauce (recipe on  
page 111)

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**Tips and Tricks:**

- I like to use Trader Joe's sausage because it has lower fat than most, but any chicken sausage will work for this recipe, just adjust the macros to fit the variety that you use.
- The same goes for the ravioli...any variety will work. I like to use Trader Joe's 3 Cheese Vegetable Ravioli and also Costco's Spinach Mozzarella Ravioli because of taste and macros.

