If fat loss is your goal, then it’s important to keep your dinners light. Avoid eating rich, carb-filled foods at night and you’ll make steady progress towards your fitness goal.

Recipes like the one below will help you quickly reach your fat loss goal. The shredded cauliflower, rice and onions in this recipe make an amazing substitution for grain-based pilaf. With the addition of lean, ground turkey and lettuce this comfort-food tasting meal is actually quite lean and green.

**What you need**  
Serves 6

12 large Romaine lettuce leaves

For the Cinnamon Ground Turkey Rice:

* 1 Tablespoon olive oil
* 2 carrots, shredded
* ½ yellow onion, minced
* dash of sea salt
* ½ teaspoon ground cinnamon
* 1 lb ground, organic turkey
* 1 head cauliflower, shredded (To shred: cut into florets and run through a food processor with the grating attachment)
* 1/3 cup golden raisins
* 1 cup chicken broth
* dash of freshly ground pepper

For the Quick Apple Chutney:

* 1 Tablespoon coconut oil
* 1/2 yellow onion, minced
* 2 green apples, chopped
* 1/4 teaspoon ground cinnamon
* 1 Tablespoon coconut crystals
* 1/2 cup apple juice or apple cider
* Sprinkle of sea salt

**Instructions**

1. For the Cinnamon Ground Turkey Rice: In a large skillet place the olive oil over medium heat. Add the carrots and onions, cook for 3 minutes, until soft. Add salt, cinnamon and ground turkey. Cook until the meat is no longer pink. Add the head of shredded cauliflower, raisins, broth and pepper. Cook for another 4 minutes, until heated through.
2. For the Quick Apple Chutney: In a medium skillet place the coconut oil over medium heat. Add the onion and apples. Cover and cook for 10 minutes. Uncover, add the cinnamon, coconut crystals, apple juice and salt. Bring to a boil, then simmer for another 4 minutes until apples are tender.
3. Assemble Your Lettuce Wraps: Spread a generous spoonful of the turkey mixture along the center of a Romaine lettuce leaf, top with a spoonful of chutney. Enjoy!

**Nutrition**  
One serving equals 248 calories, 9g fat, 156mg sodium, 25g carbohydrate, 5g fiber, and 17g protein