

The Viral \$2 Beef & Rice Bowl

(aka "Boy Kibble," Explained)

TikTok's viral meal prep bowl is everywhere for a reason. It's cheap, high protein, and endlessly remixable. At its core, it's a simple beef and rice template you cook once, portion out, and flavor differently all week.

This is the exact base formula, plus 5 flavor profiles that actually taste good.

The Boy Kibble Template

Base (Protein):

Ground beef or ground turkey

Carb:

Rice, white or brown

Optional swap: potatoes

Flavor Stack:

1 seasoning

1 sauce

1 crunch or fresh topping

The rule:

Pick 1 seasoning, 1 sauce, and 1 crunch, and you've got a totally different bowl.

Why It Works

- About \$2 per serving
- Cook once, eat all week
- High protein and macro friendly
- Easy to customize for different tastes

5 Flavor Profiles

1. Taco Profile

Taco seasoning

Salsa

Lime

Cilantro

2. Bulgogi-ish Profile

Soy sauce and garlic

Sesame oil

Scallions

3. BBQ Profile

BBQ sauce

Pickled onions

Simple slaw or cabbage

4. Mediterranean Profile

Tzatziki

Cucumber

Lemon squeeze

5. Breakfast Profile

Fried or soft scrambled egg

Hot sauce

Green onion



How to Use This All Week

1. Cook your beef and rice in bulk
2. Portion into containers
3. Change only the flavor stack each day

Same base. Different bowl. No boredom.

Quick Tip

Start neutral with salt, pepper, and garlic.

Add sauces and toppings after reheating for the best texture and flavor.