

Herbed London Broil

Makes 1 serving (1 protein)

20 grams protein

7 grams fat

155 calories

Ingredients

- 100 grams lean London broil, cut into strips
- ¼ cup hCG diet approved beef broth or water
- 1 tablespoon onion, minced
- 1 clove garlic, crushed and minced
- ½ teaspoon thyme
- Pinch of rosemary
- Sea salt and pepper to taste
- Italian parsley, chopped

Directions

1. Add sea salt and pepper to the beef strips.
2. In a small frying pan or non-stick skillet combine London broil, herbs and beef broth.
3. Cook until desired level of doneness.
4. Garnish with fresh chopped parsley.



tel
email
web

(416) 477-1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com