

Sloppy Joes Barbequed Beef

Makes 1 serving (1 protein, 1 vegetable)
21 grams protein
9 grams fat
193 calories

Ingredients

- 100 grams ground beef
- 100 grams of leaf lettuce
- 1 serving **Barbecue Sauce** recipe (on our website)

Directions

1. Brown ground beef in small frying pan.
2. Add **Barbecue Sauce** and a little water to achieve desired consistency.
3. Cook for about 5 minutes then scoop into the leaf lettuce and serve hot!

PHASE 3 MODIFICATIONS

Top with cheddar cheese slices and Stevia caramelized onion rings.

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Diet
Tip

If eating organic is important to you, consider online sites for organic meats and vegetables if you have a difficult time finding them locally. Many of these companies will ship organic produce and meats to your door.



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