

Fajitas/Carne Asada

Makes 1 serving (1 protein, 1 vegetable)
23 grams protein
8grams fat
200 calories

Ingredients

- 100 grams beef or chicken , cut into strips or flank steak asada
- 1½ cups tomatoes
- 1 thin slice of onion, cut into thin strips
- 1 clove garlic, chopped
- 3 tablespoons lemon juice
- 2 tablespoons orange juice (optional)
- ⅛ teaspoon oregano
- ⅛ teaspoon chili powder or to taste
- Pinch of cayenne powder

PHASE 3 MODIFICATIONS

Add multi-coloured bell peppers to fajitas, Use a little butter or oil for cooking. Serve with sour cream, guacamole and cheddar cheese if desired.

Directions

1. Marinate meat in lemon juice and spices.
2. Barbeque for carne asada or cook strips in a frying pan with garlic and onion.
3. Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.

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Tip

Add water to ground beef and simmer to reduce the fat content. As the beef cooks, the fat will float on top. Pour off the excess liquid, add spices, and enjoy. It is advisable to always choose the leanest ground beef available such as 7% or less.



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