

Pot Roast

Makes multiple servings (1 protein, 1 vegetable)

28 grams protein

8 grams fat

195 calories

Ingredients

- 1 lean shoulder roast weighed into 100 gram portions (example 900 grams = 9 servings)
- 1½ cups tomatoes per serving of beef
- 5 cloves of garlic, chopped
- ½ onion, chopped
- 1 tablespoon paprika
- Cayenne pepper to taste
- Sea salt and pepper to taste

PHASE 3 MODIFICATIONS

Sear on high heat with olive oil on all side before placing in crock pot to cook.

Directions

1. Rub spices into meat on all sides.
2. Place in crock pot and fill halfway.
3. Add celery to liquid.
4. Heat on high for 30 minutes then reduce heat to low and cook for 6-8 hours until fork tender.
5. Separate into 9 equal servings and enjoy.
6. Save the juice to make sauces and dressings.
7. Save the celery to make soup.
8. Always refrigerate and skim off any excess fat.

