

Roasted Beef & Apple Kabobs

Makes 1 serving (1 protein, 1 fruit)

21 grams protein

8 grams fat

240 calories

Ingredients

- 100 grams of extra lean beef or chunked chicken
- 1 apple, cut into large chunks
- ¼ onion – cut in petals
- ½ cup hCG approved beef, chicken, or vegetable broth
- 2 tablespoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- Stevia to taste

Directions

1. Marinate beef or chicken in broth, vinegar, and spices.
2. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers (if using wooden skewers soak them for a few minutes so they don't burn during cooking).
3. Place directly on barbecue or on aluminum foil sheet and cook until desired level of doneness.
4. Baste frequently with remaining marinade.
5. Heat the remaining marinade in a small sauce pan and use as a dipping sauce.



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