

Ground Beef Tacos

(makes 1 serving (serving = 1 protein, 1 vegetable))

Ingredients

- 100 grams extra lean ground beef
- Lettuce leaves
- 1 tablespoon finely minced onion
- 1 clove crushed and minced garlic
- Dash of garlic powder
- Dash of onion powder or dried oregano
- Fresh chopped cilantro to taste
- Cayenne pepper to taste
- Sea salt and black pepper to taste



Directions

Brown ground beef.

Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add sea salt to taste.

Serve taco style in butter lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa.

Phase 3 (maintenance) modification

Serve with cheddar cheese, sour cream and guacamole.