

Pepper Crusted Steak

Makes 1 serving (1 protein)

20 grams protein

7 grams fat

147 calories

Ingredients

- 100 grams lean steak
- Fresh ground black pepper
- Dash of Worcestershire sauce
- Sea salt to taste

Directions

1. Manually tenderize the meat until flat.
2. Rub meat with salt and coat liberally with black pepper.
3. Cook on high heat for about 3-5 minutes or throw on the barbeque.
4. Top with Worcestershire sauce, if desired, and **Caramelized Onion Garnish**
5. You can also cut the steak into strips and serve over a mixed green or arugula salad.

PHASE 3 MODIFICATIONS

Top with blue cheese, onions, or sautéed mushrooms in butter. Or, cut into thin strips and top with onions and provolone, and make a cheese steak salad.



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