

# STEAK DINNER

1 serve

Per Serve: Calories 469, Fat 25.1g, Protein 37g, Carbs 23.9, Fibre 7.8g

## INGREDIENTS

150g grilled lean protein – Steak (Fish, lamb, pork or beef)

Marinate protein or use a rub

1 cup Cooked Pumpkin or Sweet Potato

Serve with a salad or steamed veg

## DIRECTIONS

Cook to liking, assemble and enjoy

Macros are based upon beef. If using fish (not salmon) fillet can be 200g.