

Marinade for Pork, Chicken or Steak

Number of Servings: 4

Ingredients

Water, tap 1/3 cup

Soy Sauce 1/4 cup

Olive Oil, 2 Tbsp

Pepper, black, 1 Tbsp

Lemon Juice 1 tbsp.

Garlic, 3 cloves minced



Directions

Mix all ingredients together. Place meat of your choice in marinade. You can even add this marinade to a ziploc bag while the meat is defrosting. Let sit in refrigerator. The longer they marinate the better they are! I try for at least 5 hours but you can do it as much as overnight if you have the time. Remove from ziploc and place meat on grill. Grill for about 5-10 min per side depending on how thick your meat is and what kind of meat you've chosen to use. Will marinate 4 4-oz servings of meat. Meat is not included in calorie count so track that separately.

Number of Servings: 4 Carbs: 3.1g | Fat: 6.8g | Fiber: 0.5g | Protein: 1.3g | Calories: 78.1