

## Breakfast

### Steak and Garlic Zucchini

#### Ingredients:

Lean prime steak

(first week: 195g = 43g protein), 135g = 30g, 90g = 20g.

1 cup	zucchini slices
4 tbs.	water
1 small	garlic, crushed
	Sea salt
	cracked pepper
	garnishing, fresh chopped parsley
	Olive oil cooking spray

#### Method:

- Spray steak with Olive oil cooking spray
- Sprinkle with sea salt and cracked pepper
- Grill under preheated griller and cook as desired
- Spray coat small saucepan with Olive oil cooking spray
- Saute garlic, then add zucchini and water
- Gently toss zucchini slices until tender
- Garnish with fresh chopped parsley