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21 Day Fix Flank Steak Dinner



21 day fix flank steak Recipe time!!! I am such a meat and potatoes person that just about every meal that I make has these three components. There is always a lean protein source, a vegetable and then a starchy carb. The difference between when I was a child to now is that the protein source is lean, is basic, not covered in gravy, sauces or breading and the starch is not a white starch, with butter and cream. The vegetable is seasoned with extra virgin olive oil, sea salt, pepper and garlic vs butter! Lastly the difference is that its portion controlled. It is not just a free for all at the dinner table but a conscious decision to fuel your body for energy and not just comfort.

What resulted in this process is that my food actually does taste more flavorful, I don't feel weighed down or sluggish and I am not over stuffed but satisfied! So know this, a meat and potatoes girl like myself can change her ways, then so can you!!!

This is what I like to call a MANS dinner! I cooked this meal for my Dad and boys on Sunday while they were putting together Bryce's big boy bed and hanging our TV in the basement/workout room/office.

There was not a peep from the dinner table and not a morsel left on anyone's plate! So I figured this would be a great easy recipe to share with you!

Flank Steak
Fiesta Lime No Salt Added Mrs Dash Seasoning
Extra Virgin olive oil
Garlic Cloves Minced

Take the fresh Flank Steak and place in Ziplok bag, drizzle with EVOO, Sprinkle with Mrs. Dash Fiesta Lime Seasoning and add 2 minced garlic cloves and massage into the Steak. Let sit for 15 minutes. Then, place on grill or stove top pan on Medium High until it reaches the desired doneness. Slice and serve.

Green Beans: Place fresh green beans in a steamer and steam until tender to your liking. Add a drizzle of EVOO and sea salt and pepper.

Potatoes: Red and Purple potatoes are a favorite in our house. I take the small potatoes and slice them down to potato chip size. Then I drizzle with EVOO and Low Sodium Taco Seasoning and toss to coat. Place in oven at 350 degrees until chips reach their desired doneness!

Viola, super simple, easy dinner that everyone in your family will enjoy!!!