

STEAK TACOS

FOR MEN

Serves: 1

Prep: 15 minutes

Cook: 10 minutes

NUTRITION FACTS

Amount Per Serving

Calories	937	Folate	251mcg
Protein (g)	88g	Thiamin	0.7mg
Carbohydrate (g)	80g	Riboflavin	1.5mg
Dietary Fiber	16g	Niacin	4.7mg
Total Sugars	32g	Calcium	623mg
Total Fat	31g	Potassium	2377mg
Saturated Fat	8g	Sodium	501mg
Polyunsaturated Fat	5g	Copper	0.9mg
Monounsaturated Fat	16g	Iron	10.5mg
Cholesterol	139mg	Magnesium	279mg
Vitamin A	724mcg	Phosphorus	1145mg
Vitamin B6	1mg	Selenium	53mcg
Vitamin B12	5.1mcg	Zinc	17.8mg
Vitamin C	97mg		
Vitamin D	3mcg		
Vitamin E	9mg		
Vitamin K	121mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1 tbsp. lime juice, canned or bottled	1/4 cup shredded cheese, cheddar or colby, reduced fat
1 tsp ground black pepper	
2 6-inch soft tortillas	1 cup chopped red tomato
5 ounce(s) cooked, steak, no bone, grilled or broiled, lean only eaten	3 tbsp. almonds
1/2 cup black beans, boiled	1 cup cubed cantaloupe melon, raw
1 cup shredded lettuce	1 cup skim milk

DIRECTIONS

Cooking Directions

1. Cut the steak into thin slices along the grain into 3-inch pieces.
2. Toss the steak into a small bowl with ground black pepper and lime juice.
3. Preheat a large nonstick skillet over high heat.
4. When the skillet is hot place the steak into the skillet and cook for 2 minutes then stir and cook for another 1-2 minutes.
5. Assemble tacos placing shredded lettuce, cheese, diced tomato, beans, and steak to the soft tortillas

Dessert

1. Bowl of cubed cantaloupe melon
2. 3 tbsp. of almonds
3. A cup of skim milk

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STEAK TACOS

FOR WOMEN

Serves: 1

Prep: 15 minutes

Cook: 10 minutes

NUTRITION FACTS

Amount Per Serving

Calories	595	Folate	139mcg
Protein (g)	62g	Thiamin	0.4mg
Carbohydrate (g)	47g	Riboflavin	1mg
Dietary Fiber	8g	Niacin	2.6mg
Total Sugars	22g	Calcium	447mg
Total Fat	18g	Potassium	1494mg
Saturated Fat	6g	Sodium	427mg
Polyunsaturated Fat	2g	Copper	0.5mg
Monounsaturated Fat	9g	Iron	6.8mg
Cholesterol	106mg	Magnesium	154mg
Vitamin A	477mcg	Phosphorus	767mg
Vitamin B6	0.7mg	Selenium	40mcg
Vitamin B12	3.9mcg	Zinc	12.7mg
Vitamin C	66mg		
Vitamin D	2mcg		
Vitamin E	3mg		
Vitamin K	64mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1 tbsp. lime juice, canned or bottled

1 tsp ground black pepper

1 6-inch soft tortilla

4 ounce(s) cooked, steak, no bone, grilled or broiled, lean only eaten

1/4 cup black beans, boiled

1/2 cup shredded lettuce

1/4 cup shredded cheese, cheddar or colby, reduced fat

1/2 cup chopped red tomato

1 tbsp. almonds

3/4 cup cubed cantaloupe melon, raw

3/4 cup skim milk

DIRECTIONS

Cooking Directions

1. Cut the steak into thin slices along the grain into 3-inch pieces.
2. Toss the steak into a small bowl with ground black pepper and lime juice.
3. Preheat a large nonstick skillet over high heat.
4. When the skillet is hot, place the steak into the skillet and cook for two (2) minutes then stir and cook for another 1-2 minutes.
5. Transfer the steak into a small bowl.
6. Assemble taco placing shredded lettuce, cheese, diced tomato, beans, and steak to the soft tortilla

Dessert

1. Bowl of cubed cantaloupe melon, almonds and $\frac{3}{4}$ cup skim milk.

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