



GRILLED CHICKEN OR BEEF TERIYAKI

By Dr. Cindy Tanzar
(Standard or Maintenance Plans)

It's grilling season! Looking for something new? Try this tasty way to grill your dinner.
Grill your veggies at the same time and clean-up will be a breeze!
Makes 4 servings. One serving is 3 oz. cooked meat and covers your protein for one meal.



INGREDIENTS

- 1 lb. beef, cut into strips or cubes OR 1 lb. chicken tenders
- 2 tsps. sesame oil
- 2 tsps. avocado oil
- 2 Tbsp Tamari (gluten-free soy sauce) or Coconut Aminos
- 1 Tbsp rice wine vinegar or apple cider vinegar
- 2 Tbsp Swerve granular or allulose



INSTRUCTIONS

To make the marinade combine the sesame oil, avocado oil, Tamari, vinegar and Swerve in a medium bowl. Add beef or chicken and mix to coat well.

(Make 2 separate batches of the marinade to use for dipping later)

Marinate at least 1 hour and up to 24 hours. Let beef set out at room temperature for 30 minutes before grilling.

Thread the beef onto skewers and grill over medium heat on a pre-heated grill. Cook for 3 minutes on each side or to desired doneness. For chicken, grill for 4-6 minutes on each side (depends on size) and check for doneness.

If you made extra marinade separately, warm it 2 minutes in a microwave or 5 minutes in a small pan. It's great for dipping or pouring over the meat.