

Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track November 9, 2009

Craving steak?

Opt for leaner cuts of meat like a sirloin or a filet mignon
Avoid any marbled steaks, like a rib-eye or a porterhouse



Faced with a pizza dinner?

Your best option is thin crust, with veggie toppings rather than meat, and blot the excess grease with a napkin!

Here is an easy version of a Philly-cheesesteak to try:

Don't forget to watch your portion size!

Ingredients

3 ounces raw lean filet beefsteak
1 hot dog bun
1 slice fat-free American cheese
1/3 cup sliced onions

Directions

-Slice your filet into thin strips (freezing it slightly beforehand will make it easier to cut)
-Cook onions over medium-high heat in a pan spritzed with nonstick spray for about 5 minutes, until onion slices are slightly browned. Remove onions from the pan and set aside
-Spritz a little more nonstick spray into the pan (remove pan from heat before re-spraying) and cook filet strips over medium-high heat for 1 to 2 minutes, flipping them halfway through cooking
-Place cheese on top of meat (still in pan) and continue to cook until cheese is slightly melted
-meanwhile, warm or toast your bun. Place meat and cheese in the bun and top with onions.

1 Sandwich has:
301 calories
9g fat
28g carbs
0.5g fiber
7g sugar
26g protein
588mg sodium

