

SUMMER STEAK SALAD



SERVING SIZE

1



INGREDIENTS

ITEM

Cucumber, Sliced
Steak (grilled or pan-seared)
Arugula
Mixed Greens

QUANTITY

2 Cups
4 Oz.
1 Cup
1 Cup

ITEM

Olive Oil
Lemon Juice
Feta Cheese (maintenance only)
Salt and Pepper

QUANTITY

2 Tsp.
¼ Cup
1 Oz.
To Taste



PREPARATION

- Season steak with salt and pepper.
- Grill or pan-sear steak to your desired doneness (about 4-5 minutes per side for medium). Let rest before slicing into strips.
- Slice cucumber into thin rounds. In a large bowl, combine arugula, mixed greens, and cucumber.
- Whisk together olive oil, lemon juice, salt, and pepper in a small bowl.
- Toss the salad with the dressing, ensuring everything is evenly coated.
- Add sliced steak on top and sprinkle with feta cheese (if in maintenance).
- Serve immediately and enjoy this light yet filling meal!