



## Steak Marinade

### Instructions:

In a plastic bag, mix the ingredients to create a marinade.

Use as a marinade for steak. Do not let it marinate for longer than 1 hour.

**Unlimited on the lean protein diet**

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**Prep Time:**

5 minutes

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**Cook Time:**

n/a

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**Ingredients:**

2 oz. whiskey

2 oz. balsamic vinegar

fresh ground pepper to taste