



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Steak & Vegetables
High-Protein & Vegetable Variety

www.consciousrewire.com

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What This Supports

Supports muscle recovery and micronutrient intake.

Why It Works

Steak provides iron and protein while roasted vegetables add fiber.

Ingredients

Steak and veggies

Ingredients:

-4 tbsp ghee

red pepper

yellow pepper

.5 bulbs fennel

small crown broccoli

25 head cauliflower

large carrots

stalks asparagus

sprigs rosemary

tbsp broth

-4 sprigs rosemary

5 kg flat iron steak

Directions

. Preheat oven to 350.

. Chop peppers and fennel and place on cookie sheet. Top with 1-2 tbsp ghee and 1 chopped spring of rosemary.

. Chop broccoli, cauliflower, carrots, and asparagus and place on second cookie sheet. Top with 1-2 tbsp ghee and 1 chopped sprig rosemary.

- . Place in oven and cook until desired doneness, stirring occasionally.
- . Heat broth in pan on low. Place rosemary in pan and set steak on top. Cover and cook on low until desired doneness.
- . Let steak rest for a few minutes then cut into bite sized pieces. Combine with veggies in large bowl.

Best Use

Ideal for dinner on training days.

Food Notes & Safety

Rest steak after cooking and handle safely.

Storage & Reheating

Refrigerate leftovers up to three days.