

# BIG MAC

# CHEESEBURGER

# SALAD

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LOW CARB

BIG MAC

SALAD



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## What you need:

### *Salad*

- 1 lb Lean Ground beef
- 1 tsp garlic powder
- 1 tsp worcester sauce
- 1 tsp Sea salt
- 1/4 tsp Black pepper
- 8 oz Romaine lettuce (or iceberg if desired)
- 1 cup Cherry Tomatoes (chopped)
- 3/4 cup Cheddar cheese (shredded)
- 1/2 cup Pickles (diced)

### *Dressing*

- 1/2 cup Mayonnaise
- 2 tbsp Pickles (diced) or Pickle Relish
- 2 tsp Mustard
- 1 tsp White vinegar
- 1/2 tsp Smoked paprika
- 1 1/2 tbsp Powdered erythritol (or any sweetener of choice; adjust to taste)

## What you do:

1. In a medium skillet over medium heat, add ground beef, garlic powder, and Worcestershire sauce and season with salt and pepper. Cook, stirring occasionally, until no pink remains, 8 to 10 minutes.
2. Make dressing: In a medium bowl, whisk together or blend dressing ingredients.
3. Assemble salad: In a large bowl, toss together romaine, cheddar, tomatoes and pickles, Drizzle with dressing and enjoy!