

## GOURMET MESO-MEAL

*“Lose weight and feel great eating gourmet meals.”*



### Garlic-Ginger Beef & Spinach Sauté

*“Optimize your gut! Optimize your Health.”*

**A high-protein, low-glycemic, gut-soothing power meal.**

#### **Ingredients (Serves 2–3)**

- 1 lb **grass-fed flank steak** or sirloin, thinly sliced
- 1 tbsp **coconut aminos** (or tamari)
- 1 tbsp **olive oil** or avocado oil
- 1 tbsp **fresh grated ginger**

- 3 cloves **garlic**, minced
  - 1 tbsp **apple cider vinegar**
  - 5–6 cups **fresh spinach** (organic if possible)
  - 1/4 tsp **sea salt** (adjust to taste)
  - Pinch of **red pepper flakes** (optional)
  - Optional: 1 tbsp **bone broth concentrate** for extra gut healing
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## Directions

1. **Marinate the beef (Optional but flavorful):**  
Toss the sliced steak with coconut aminos, grated ginger, and a pinch of salt. Let it sit for 10–15 minutes while you prep.
  2. **Sear the beef:**  
Heat olive oil in a large skillet over medium-high heat. Sear the beef in batches (don't crowd the pan!) for 1–2 minutes per side until browned. Remove and set aside.
  3. **Sauté aromatics:**  
In the same pan, lower the heat to medium. Add garlic and red pepper flakes, and sauté for 30 seconds (don't burn it!). Add apple cider vinegar and bone broth concentrate, if using, and stir to deglaze the pan.
  4. **Add spinach:**  
Toss in the fresh spinach. Stir until just wilted—about 1–2 minutes.
  5. **Reunite with beef:**  
Return the beef to the skillet, add sesame oil if using, and toss everything together to heat through for 1 minute.
  6. **Serve it hot:**  
Plate it over cauliflower rice or enjoy it as is. Garnish with sesame seeds or green onions if you're feeling extra.
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## Why It Works

- **Beef:** High in L-glutamine, iron, and zinc—supports repair and hormone balance
- **Spinach:** Packed with antioxidants, magnesium, and folate—great for cellular health
- **Ginger + garlic:** Anti-inflammatory, gut-friendly, metabolism-boosting
- **Apple cider vinegar:** Enhances digestion and supports a healthy microbiome

The Meso Menu is designed for menopausal women who want to lose excess weight by eating a gourmet menu. Yes, Bone Broth is a meal, and this recipe is gourmet.

If you're ready to create a body, mind, and life you LOVE... **Join me on the HOPE For Menopause journey.**

 [Schedule Your Free Consultation Here](#)

Let's turn menopause into the most vibrant chapter of your life yet.

Hope isn't just a feeling. It's a protocol—and it's waiting for you.

With fierce faith in your future,



**Doc Mac**