

GOURMET MESO-MEAL

“Lose weight and feel great eating gourmet meals.”



Zesty Lemon Garlic Vinaigrette

Ingredients:

- ½ cup extra virgin olive oil
- 3 tbsp fresh lemon juice (or apple cider vinegar for more tang)
- 1 tsp Dijon mustard (*check for sugar-free — Primal Kitchen is a safe bet*)
- 1 clove garlic, finely minced
- ½ tsp sea salt
- ¼ tsp black pepper
- Optional: pinch of dried oregano or a few fresh herbs

Instructions:

1. Whisk everything together in a bowl (or shake it like you mean it in a mason jar).

2. Taste and adjust — more lemon for brightness, more oil for smoothness.
3. Store in the fridge up to a week. It'll separate, so give it a shake before using.

Flavor Twists

- **Creamy Upgrade:** Add 1 tbsp avocado for a rich, creamy finish.
- **Kick It Up:** Add a dash of crushed red pepper.
- **Herb Garden Vibes:** Blend with basil, parsley, or dill for a green goddess remix.