



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology bowen

Grilled Leg of Lamb (serves 4 per lb of meat)

FLT (per serving): 1 protein

Per 3 oz serving: 173 calories, 0 g carbohydrates, 24 g protein, 8 g fat

- 1 leg of lamb (boned and butterflied by butcher)
- 2 cups red wine
- 2 tsp. poultry seasoning
- 1 tsp. salt
- 3 cloves garlic, cut in slivers

1. Mix ingredients and marinate for 12-24 hours in refrigerator.
2. Grill over hot coals approximately 20 minutes on each side.
3. Baste occasionally while grilling. This is a yummy replacement for steak!