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9 Phase 1-Friendly Meals for Meat-Lovers

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Think healthy food means rabbit food? Think again! Eating healthy doesn't have to mean giving up your favorite meat-packed main dishes.

If you want to get healthy and lose some weight but you're not willing to exist solely on kale and quinoa, the South Beach Diet has you covered. From Chicken Fajita Bowls and Roasted Turkey with Herb Gravy to Garlic-Ginger Beef & Broccoli and Italian-Style Sausage & Peppers, we've got a delicious option to please every meat-lover palate.

And for those prepping for a practice day, we've got tons of healthy and hearty recipes to satisfy your need for meat, too.

Check out these nine protein-powered meals for meat-lovers:

1. South Beach Diet Classic Burger



If you're big on ground beef, you'll love the unique flavor of the South Beach Diet Classic Burger. Featuring juicy, tender lean ground beef topped with flavorful Swiss cheese, tomato and red onion, all atop a bed of crisp lettuce leaves, tomato slices and red onion, this delicious dish is every bit as satisfying as its fast food cousin. You'll indulge in a tasty burger without the added fat or calories that come from a regular meat patty dish. If you want an extra juicy burger, add some ripe tomatoes. [Get the recipe here.](#)

2. Garlic and Soy Grilled Pork Chops



Thanks to the addition of perfectly grilled vegetables, this tasty dish makes for a well-balanced (and delicious!) meal. These pork chops contain a rich flavor of soy sauce and garlic, which makes it even easier to power up on protein. . Free from worry about consuming unhealthy meat, Garlic and Soy Grilled Pork Chops provide a healthy choice for all meat-lovers. [Get the recipe here.](#)

3. "Souffle" Stuffed Chicken



Anything with the word "stuffed" in its name is good by us. And this delicious dish is no exception. . Packed with flavor and super simple to make, this "Souffle" Stuffed Chicken is the perfect meal for when you're pressed with time. With 32 grams of protein, this easy-to-make recipe will satisfy your hunger... and your weight loss goals. [Get the recipe here.](#)

4. Coconut Chicken



Originating from the Indonesian dish, Opor Ayam, this dish is a delectable way to pack on the protein (28 grams!), without putting on the pounds. [Get the recipe here.](#)

5. Mustard-Crusted Steak



Easy to cook, easy to eat. That's how we describe this savory superstar.. With two types of mustard and a delicious garlic flavor, Mustard-Crusted Steak contains Worcestershire sauce, which will leave your taste buds craving more With only 250 calories and nine grams of fat, this Mustard-Crusted Steak is one of the lightest meat dishes you can eat.

[Get the recipe here.](#)

6. Meatballs with Tomato and Zucchini Medley



Typically used in spaghetti, this meat source is just as delicious in a dish with cooked veggies. Meatballs with Tomato and Zucchini Medley are a great source of protein, and depending on what phase you are in on the South Beach Diet, it can be eaten with whole grain bread. A flavorful treat indeed, this exquisite meal doesn't take much to prepare. With all of the right ingredients and spices, you'll experience great eating to the fullest. [Check it out here.](#)

7. Lamb Chops with Chimichurri Sauce



With a chimichurri sauce, this Argentinean addition is a delicious protein source that will flood your taste buds with savory flavor, and your body, with good nutrition, . These Lamb Chops with Chimichurri Sauce also contain dried oregano, which adds a little something to this great-tasting dish. Ready for this? This appetizing meal contains a whopping 35 grams of protein. [Get the recipe here.](#)

8. Spice-Rubbed Chicken Fingers with Cilantro Dipping Sauce



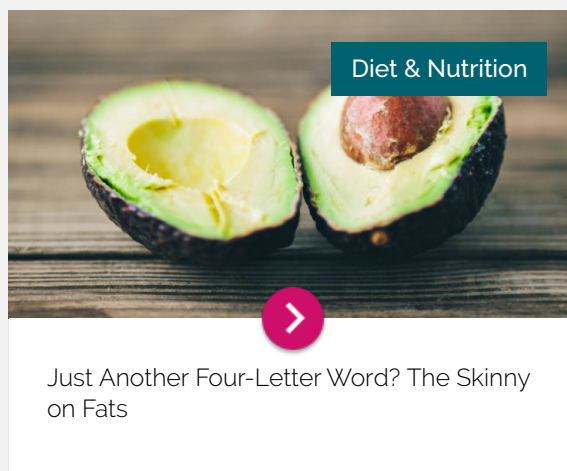
A unique recipe for meat-lovers, this mouthwatering treat will have you wishing you'd tried it sooner. This tasteful dish will meet your daily nutritional needs, and unlike other chicken finger dishes, Spice-Rubbed Chicken Fingers aren't packed with calories and swimming in of sodium. With its cilantro dipping sauce, you'll have reason to make this recipe part of your meal plan. [Get the recipe here.](#)

9. Steak au Poivre



There's just something about a good steak, right? Luckily, you can still enjoy this meat-lover's staple with this palatable recipe that is low in fat. Steak au Poivre is a lean source that can be mixed with spices and vegetables. With only seven grams of fat, the juicy tenderloins are a must-eat for all meat-lovers. Steak au Poivre's pepper strips and beef-flavored bouillon granules make it an irresistible choice for those who make meat a part of their daily diet. [Get the recipe here.](#)

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