



## **1-Week Fit Meal Planner: Ginger Soy Marinated Flank Steak**

- **1/2 cup soy**
- **1/4 cup vinegar**
- **2 tbsp brown sugar**
- **2 tbsp onion**
- **1 tbsp oil**
- **1 garlic clove**
- **1/2 tsp ginger**
- **1/8 tsp pepper**

### **Directions:**

**Mix the above ingredients together in a big enough container to fit your steak. Marinade the flank steak for as long as you like. Start the night before or in the morning when you leave for work, or even when arriving home if you plan to eat a bit later. For a great flavor, you want at least a couple hours in the marinade.**

**To cook the steak, grill or broil it for 8 minutes on one side and 6 minutes on the other side. Adjust the cooking time according to the thickness of the meat and how done you like your steak. A 2-pound flank steak feeds a little over four people in my family. So if you cook for one, you may only need to buy a steak between 1 and 2 pounds.**