



NUTRITION CONSULTING INC.

## Marvelous Marinade

*A quick marinade for chicken or pork!*

**Makes 4 servings**

### What you need:

- 1/2 cup ketchup
- 2 tbsp. honey
- 3 tbsp. soy sauce
- 2 tbsp. lemon juice
- 2 cloves fresh garlic, minced

### How you prepare:

Mix the ingredients in a bowl and spread over chicken or pork to marinate.



### Per serving:

Calories: 78  
Carbohydrates: 20.5g  
Protein: 0.9g  
Fat: 0.1g  
Fibre: 0.6g

It's your **health.**



**Take a stand.**

**NUTRITION COACHING | SEMINARS | CONSULTING**

PHONE: (403) 262-3466 [www.healthstandnutrition.com](http://www.healthstandnutrition.com)