

# Marvelous Marinade



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## What You Need

*A quick marinade for  
chicken or pork!*

**Makes 4 servings**

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

## Per Serving

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

## How You Prepare

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