



BODYBUILDING.COM™

Day 5, Meal 2: Lunch: Pork Tenderloin, Pear, and Blue Cheese Salad

Steak Ingredients:

Garlic powder, to taste
Salt, to taste
Black pepper, to taste
Rosemary, fresh, diced, to taste
Olive oil, 1 tsp
Pork tenderloin, raw, 4 oz.

Salad Ingredients:

Red Anjou pear, sliced, 1 medium
Arugula, 1 cup
Baby spinach, 2 cups
Red onions, sliced, 1/4 medium
Blue cheese crumbles, 1 oz.
Walnuts, 1/2 oz.

Dressing Ingredients:

Shallot, fresh, minced, 2 tsp
White vinegar, 1 tbsp
Apple cider vinegar, 1 tbsp
Olive oil, 1/2 tbsp
Honey, 1/2 tbsp
Lemon zest, 1/2 lemon

Directions:

1. Mix the rosemary, garlic, salt, pepper, and olive oil in a small dish. Use a basting brush to spread the mixture on both sides of the pork.
2. Cook the pork over a hot grill or under the broiler for 4-6 minutes per side. Let the pork rest 10 minutes before slicing.

3. Meanwhile, combine the salad ingredients in a large bowl. Whisk together the salad dressing ingredients in a separate bowl, then dress and toss the salad.
4. Slice the pork, and add it atop the salad.

Nutrition Information

Serving size: 1 salad

Recipe yields 1 serving

Calories: 556

Fat: 28 g

Carbs: 39 g

Protein: 37 g