

Grilled Steak with Potato & Heirloom Tomato Salad

Nutrition Naturally Forever

● NEW MOON | RESTORE

Grilled Steak, Heirloom Tomatoes & New Potatoes

Nutritional Insights

Protein for repair and renewal

Flank steak provides high-quality protein to support muscle maintenance, tissue repair and the daily rebuilding processes taking place throughout the body. During the New Moon, we focus on replenishing rather than restricting.

Iron, zinc and vitamin B12

Lean beef is naturally rich in iron, zinc and vitamin B12, nutrients that support energy production, immune health and healthy red blood cells. These nutrients are especially important during the menstrual phase and remain valuable throughout menopause for maintaining vitality.

Vitamin C and antioxidants

Heirloom tomatoes, fresh parsley and lemon provide vitamin C and powerful antioxidants that help protect cells from oxidative stress while supporting iron absorption from the steak.

Complex carbohydrates and fibre

New potatoes provide slow-release carbohydrates and fibre to gently replenish energy stores while supporting digestive health and keeping you satisfied.

Ready to make healthy eating feel effortless?

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download my **FREE Menopause Pantry Resource** and discover:

- ✓ The Menopause Pantry Principles
- ✓ A practical pantry checklist
- ✓ Tips to help you thrive through menopause with real food

☐ **Get instant access**

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8 ingredients · 40 minutes · 2 servings



Directions

1. Add the potatoes to a pot of salted water. Bring to a boil and cook for 12 to 15 minutes until fork-tender. Drain, then transfer to an ice bath to cool.
2. Meanwhile, in a large bowl, whisk together two-thirds of the oil, lemon juice, green onion, parsley, salt, and pepper. Add the potatoes and tomatoes to the dressing. Toss gently to combine, and set aside.
3. Season the steak all over with salt and pepper. Brush with the remaining oil.
4. Grill the steak over medium-high heat for five to six minutes per side until cooked to your desired doneness. Cooking time will vary depending on the thickness of the steak. Transfer the steak to a cutting board and let it rest for 10 minutes. Slice against the grain.
5. Divide the potato salad and steak evenly between plates. Enjoy!

Notes

Ingredients

300 grams Mini Potatoes (halved)
15 milliliters Extra Virgin Olive Oil (divided)
1/2 Lemon (juiced)
2 stalks Green Onion (chopped)
8 grams Parsley (chopped)
Sea Salt & Black Pepper (to taste)
2 Tomato (large, cut into big chunks)
283 grams Flank Steak

Nutrition

Amount per serving

Calories	434	Vitamin D	6IU
Fat	19g	Vitamin E	2mg
Carbs	32g	Vitamin K	90µg
Fiber	5g	Thiamine	0.3mg
Sugar	2g	Riboflavin	0.2mg
Protein	35g	Niacin	12mg
Cholesterol	96mg	Vitamin B6	1.3mg
Sodium	136mg	Folate	83µg
Potassium	1393mg	Vitamin B12	1.7µg
Vitamin A	2464IU	Phosphorous	397mg
Vitamin C	59mg	Magnesium	79mg
Calcium	74mg	Zinc	6mg
Iron	4mg	Selenium	34µg