



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	94
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	5 G

PREP TIME:	10 MINUTES
COOK TIME:	5 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 YIELD

INGREDIENTS:

6	MEDIUM-SIZED ZUCCHINI TRIMMED
1	LEMON JUICED (ABOUT 1/4 CUP)
2 TBSP	OLIVE OIL
1/2 TSP	SALT
2 TSP	ITALIAN SEASONING
1 TSP	GARLIC POWDER



EASY GRILLED ZUCCHINI

MAKE PERFECTLY GRILLED ZUCCHINI ALL SUMMER LONG OR ANYTIME AT ALL. QUICK AND EASY, GREAT AS A SIDE DISH WITH ANYTHING YOU'RE GRILLING - FROM CHICKEN TO BEEF TO FISH.

- 01 Cut the zucchini in half, slicing lengthwise.
- 02 Squeeze lemon juice over zucchini halves and brush with olive oil.
- 03 Season lightly with salt, or to taste, and sprinkle Italian seasoning and garlic powder over.
- 04 Preheat an outdoor grill to medium heat, about 350 degrees F.
- 05 Place zucchini directly onto a well oiled grate, flesh side down to start. Cook with the lid closed, about 10 to 15 minutes, flipping halfway through.

