

Tilapia with Coleslaw

Servings per recipe: 1

Each serving counts as 1 protein, juice of ½ lemon, 1 vegetable, 1 fruit

I bake 2-4 pieces of fish at a time and put in individual portions in baggies. This way the fish is ready to go during the week.

Ingredients

- 100 grams Tilapia fish
- ½ lemon juice
- sea salt, pepper and dill
- 100 grams shredded cabbage
- ½ grapefruit sliced in bite sized pieces
- vinegar and seasonings

Directions

Put fish in medium frying pan

Drizzle with lemon juice and slice some of the rind and put it around the fish.

Season with sea salt, pepper and dill.

Cook on medium heat until done.

Serve with shredded cabbage seasoned with vinegar, spices and grapefruit pieces.

