

Mahi Mahi with Oranges

Ingredients

- 100 grams mahi mahi fish
- ½ orange in segments
- 1 tablespoon Bragg's liquid aminos
- 1 teaspoon apple cider vinegar
- ¼ teaspoon ginger, fresh or powdered
- 1 tablespoon green onion, chopped
- 1 clove of garlic, crushed and minced
- Pinch of red pepper flakes
- Stevia to taste
- Cayenne to taste
- A little water as needed

Makes 1 serving (1 protein, 1 fruit)
20 grams protein
2 grams fat
140 calories

HCG Diet Tip

Prepare several servings of the recipes at the same time for future meals. This works especially well with baked dishes like cabbage rolls or baked fish recipes. Just adjust the sauces and spices for individual servings as necessary.

Directions

1. Sauté mahi mahi fish with a little water, vinegar, and Bragg's.
2. Add garlic, spices, and Stevia.
3. Add ½ orange in chunks or segments.
4. Cook for 5-10 minutes.
5. Top with green onion and serve on a bed of steamed spinach or greens.



telephone
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com