

Citrus Fish

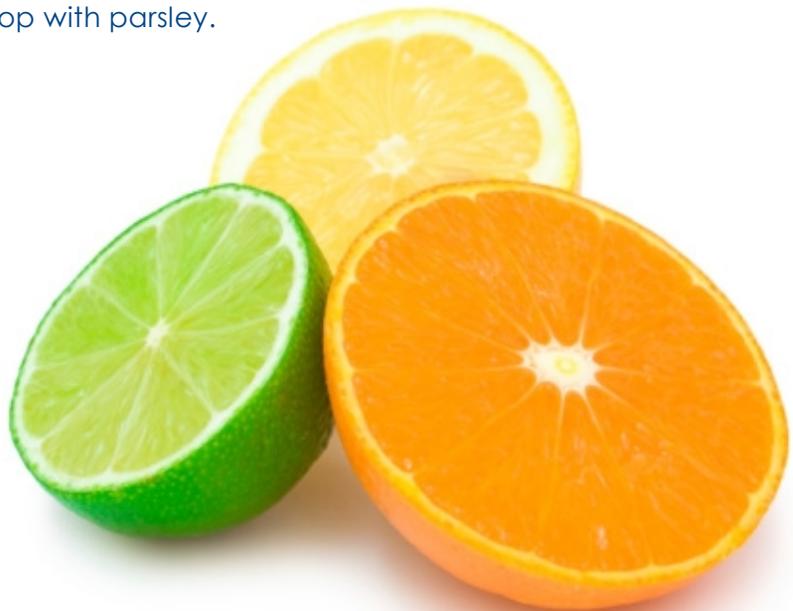
Ingredients

- 100 grams white fish
- 1 tablespoon onion, minced
- 2 tablespoons lemon juice
- Lemon and orange zest to taste
- Lemon and orange slices
- Chopped parsley
- Stevia to taste
- Sea salt and pepper to taste

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

Directions

1. Mix lemon juice with zest and a little Stevia.
2. Baste fish with mixture and top with salt, pepper, and lemon and orange slices,
3. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees.
4. Cook fish for 5-10 minutes or until fish is thoroughly cooked.
5. Serve with lemon and top with parsley.



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