

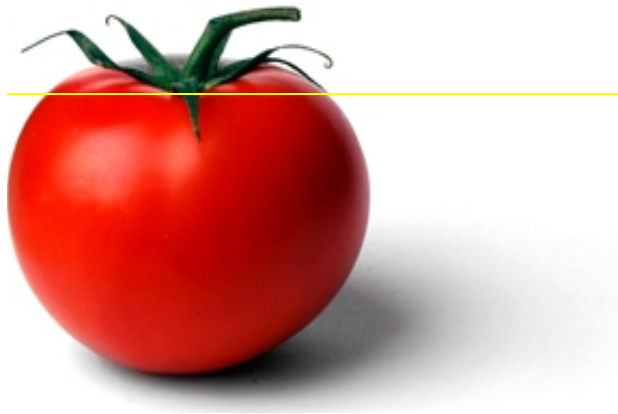
Fish with Baked Tomato

Carbs: 7.7g | Fat: 0.5g | Fiber: 1.5g | Protein: 1.3g | Calories: 32.2

14 Minutes to prepare and cook **Servings per recipe: 1**

1 serving counts as 1 protein, 1 vegetable and 1/2 lemon

Being on HCG Protocol is not as bad as some may think, there are several meals that I don't miss or feel that I'm giving up on great taste or satisfaction. Whether you are on HCG or just 'really' wanting to have a very low caloric meal to make up for a little splurge somewhere in your day, here is approximately a 200 calorie 'meal'.



Ingredients

- 100 grams of fish such as Orange Roughy, Sole, Mahi Mahi
- 1 small tomato (4 oz)
- lemon pepper
- juice of 1/2 lemon (or 1 if preferred)
- dill
- apple cider vinegar

Directions

- 100 grams of Mahi Mahi or any hCG Diet approved white fish drizzle with lemon juice and Lemon Pepper then add Dill to taste...
- Cut 1 small (4 oz) tomato in half, drizzle with vinegar and sprinkle w/ Lemon Pepper
- Bake both in 375 degree oven for approximately 12 minutes.
- Make sure that you don't 'overcook'.... ENJOY!

Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

- Calories: 32.2
- Total Fat: 0.5 g
- Cholesterol: 0.0 mg
- Sodium: 13.4 mg
- Total Carbs: 7.7 g
- Dietary Fiber: 1.5 g
- Protein: 1.3 g



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