

## Orange or Lemon Glazed Orange Roughy BBQ Wrap

Makes 1 serving (1 protein, 1 fruit)
---

16 grams protein
------------------

1 gram fat
------------

115 calories
--------------

### Ingredients

- 100 grams orange roughy fish
- 3 tablespoons orange juice (optional)
- 3 orange slices
- 1 tablespoon lemon juice
- 1 tablespoon green onion, minced
- Pinch of garlic powder
- Pinch of onion powder
- Stevia to taste
- Sea salt and fresh black pepper to taste

### Directions

1. Place fish on aluminum foil.
2. Baste with juice and spices.
3. Top with orange or lemon slices.
4. Wrap up and place on barbeque or in the stove at 350 degrees for 10-15 minutes until well cooked and fork tender.
5. Serve with juices and orange slices.
6. Sprinkle with parsley.



telephone  
email  
website

**(416) 477 - 1345**

[info@HCGDIETCANADA.com](mailto:info@HCGDIETCANADA.com)

[www.HCGDIETCANADA.com](http://www.HCGDIETCANADA.com)