

Sautéed Snapper with Lemon Pepper Sauce

Ingredients

- 100 grams red snapper
- ¼ cup vegetable broth or water
- 2 tablespoons lemon juice
- 2 tablespoons caper juice
- Dash of onion powder
- Dash of garlic powder
- Dash of cayenne (optional)
- Pinch of thyme
- salt and fresh ground pepper to taste

Makes 1 serving (1 protein)

20 grams protein

1.5 grams fat

110 calories

PHASE 3 MODIFICATION:

Whisk in small cubes of unsalted butter to create a lemon butter sauce.

Directions

1. Add dry spices to broth and liquid ingredients.
2. Sauté fish in sauce for 5-10 minutes until thoroughly cooked.

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Tip

Many of these seafood recipes can also be modified to taste delicious with chicken or beef.



telephone
email
website

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