



Blackened Shrimp

2 servings

15 minutes

Ingredients

- 283 grams Shrimp (peeled, deveined)
- 1 1/3 tbsps Cajun Seasoning
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lime (juiced)
- 1 tbsp Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	243
Fat	14g
Carbs	1g
Fiber	0g
Protein	29g
Calcium	93mg

Directions

- 1 In a bowl, mix together the shrimp and cajun seasoning, ensuring that each shrimp is well coated.
- 2 Heat the oil in a skillet over medium heat. Add the shrimp and cook for three to four minutes per side or until they are pink and opaque.
- 3 Remove from the heat and pour lime juice on top. Top with cilantro and divide evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Lime: Use lemon instead.

Serve it With: Salad, greens, rice, quinoa, roasted vegetables, or taco shells.



Moroccan Spiced Fish

2 servings

20 minutes

Ingredients

- 2 Cod Fillet
- 2 tsps Moroccan Spice Blend (divided)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, chopped)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 3/4 cup Vegetable Broth, Low Sodium
- 1 Tomato (medium, diced)
- 1/4 cup Parsley (chopped, plus more for garnish)

Nutrition

Amount per serving	
Calories	278
Fat	8g
Carbs	6g
Fiber	2g
Protein	42g
Calcium	63mg

Directions

- 1 Pat the cod fillets dry with a paper towel and season with 1/4 of the Moroccan spice blend. Set aside.
- 2 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until the onion has softened. Add the garlic, salt and remaining spice blend and cook for another minute until fragrant.
- 3 Carefully add the vegetable broth and then stir in the tomato and parsley. Bring the pot to a simmer and cook for about five minutes.
- 4 Place the cod fillets in the pot and cover with the lid. Let the fish steam for four to seven minutes or until cooked through and flakey (cooking time will vary depending on the thickness of the fillets).
- 5 Divide the fillets and sauce between plates and top with additional parsley if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add red pepper flakes or fresh lemon juice. Serve with rice, naan, or pita.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

No Cod Fillets: Use another white fish instead.

No Moroccan Spice: Use a combination of paprika, turmeric, cinnamon, ginger, and cumin.

No Vegetable Broth: Use chicken broth instead.



Almond Crusted Fish Balls

3 servings

30 minutes

Ingredients

- 4 grams Avocado Oil Spray (divided)
- 1/2 cup Almonds (finely chopped)
- 2 Cod Fillet
- 1 tsp Sea Salt
- 2 tbsps Almond Flour
- 1 tbsp Arrowroot Powder
- 1/2 Lemon (sliced, optional)

Nutrition

Amount per serving	
Calories	302
Fat	15g
Carbs	9g
Fiber	4g
Protein	33g
Calcium	99mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Spray with half of the oil.
- 2 Place the chopped almonds in a shallow bowl.
- 3 Add the cod, salt, almond flour, and arrowroot powder to the bowl of a food processor. Blend until smooth.
- 4 Shape the mixture into balls, approximately two inches (5 cm) in diameter, then gently flatten each ball.
- 5 Coat each with the chopped almonds, gently pressing to ensure the almonds adhere to the fish. Arrange on the prepared baking sheet and spray each with the remaining oil.
- 6 Cook in the oven for 15 to 20 minutes, or until cooked through. Serve with a lemon slice, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

Serving Size: One serving is equal to approximately three fish balls.

More Flavor: Add your favorite seasoning to the fish mixture. Serve with tartar sauce or chili mayo.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.