

Foil Baked Fish

Servings per recipe: 1
1 Serving = 1 protein, ½ lemon juice

I bake 2-4 pieces of fish at a time and put in individual portions in baggies. This way the fish is ready to go.

Ingredients

- 100 grams hCG Diet approved whitefish
- ½ lemon juice
- sea salt, pepper and dill

Directions

Put fish in a piece of foil, large enough to wrap around fish and seal.
Drizzle with lemon juice and slice some of the rind and put it around the fish.
Season with salt, pepper and dill.
Bake in oven at 350 till done.
Serve with fruit and salad for a full meal.



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