

June 2020

Keto Meal Plan Main Meal

Crunchy, Crisp, Cheese Coated Cod OR Salmon

Ingredients:

- 4 cod or salmon fillets.
- 1 cup parmesan (grated).
- 1 tbsp parsley (fresh, chopped).
- 1 tbsp olive oil or grapeseed oil.
- 2 tsp paprika.
- ¼ tsp salt.

Instructions:

- Preheat oven at 200 degrees.
- In a mixing bowl, add parmesan, paprika. Parsley and salt; mix together until well combined.
- Line a baking tray with greaseproof paper.
- Rub the cod fillets with olive oil on both sides. Press both sides of cod into the parmesan mixture and transfer to baking tray. Sprinkle over any leftover parmesan mixture.
- Bake 15-20 minutes, until browned and fish is easy to flake.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 4

Per serving:

Fat: 8g

Carbohydrates: 2g

Protein: 11g

Calories: 116

Retail Store

Greenroots Centre
1159 John Voster Rd
Weltervredenpark, 1709

Herbology South Africa (PTY) LTD
Reg. Number 2019/340679/07

Hemp Permit #: 022/2018/2019
National Healer #: 061197

Office Address

2 Waterdraer Rd
Sundowner
2188