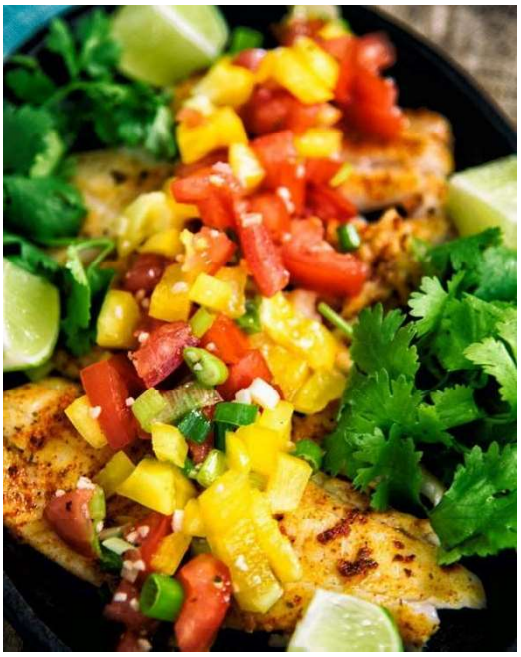
Grilled Fish with Tomato-Lime Salsa



- 3 oz white fish fillets,
  - (halibut, cod, tilapia, etc.)
- 2 tomatoes, seeded and diced
- 1/4 cup bell pepper, diced
- 1/4 cup fresh cilantro, minced
- 1 green onion, sliced
- 1 garlic clove, minced
- 2 teaspoons extra-virgin olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons fresh lime zest
- 1/8 tablespoon paprika
- 1/8 tablespoon chili powder
- 1/8 tablespoon dried oregano
- Himalayan sea salt and freshly ground black pepper

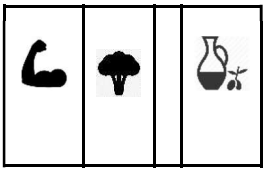
1. Preheat grill to medium-high heat.

2. In a bowl, combine the tomatoes, bell pepper, cilantro, green onion, garlic, olive oil, lime juice, lime zest, and season to taste. Refrigerate until ready to eat.

3. Season the fish fillets with paprika, chili powder, oregano, sea salt and black pepper.

4. Grill fish for 3 to 5 minutes per side and set aside.

5. Serve the fish with the tomato-lime salsa.



Makes 1 serving.
Serving Size = 3 ounces of fish and 2 cups of raw veggies.
Enjoy with 1 cup of on plan fruit to complete your meal.