



Low Glycemic Meal Plan



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This meal plan is a simple and delicious blood sugar balancing meal plan.

My Low Glycemic meal plan uses ingredients with a Glycemic Index score below 50. I've included three meals and two snacks daily to prevent blood sugar highs and lows.

Plenty of healthy fats, fibre and protein further help to regulate blood sugar levels. Daily carbohydrates are below 150g, and can be increased by adding whole grain side dishes to meals as needed.

Enjoy!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Sweet Cherry Steel Cut Oats	 Sweet Cherry Steel Cut Oats	 Asian Veggie Omelette	 Carrot Cake Chia Pudding	 Carrot Cake Chia Pudding	 Avocado Sweet Potato Toast with Poached Egg	 Avocado Sweet Potato Toast with Poached Egg
Snack 1	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Pistachios	 Salt n' Vinegar Hard Boiled Eggs	 Celery with Sunflower Seed Butter	 Apple with Almond Butter	 Celery with Sunflower Seed Butter
Lunch	 Marinated Mixed Bean Salad	 Marinated Mixed Bean Salad	 Roasted Sweet Potato & Brussels Sprouts Salad	 Spaghetti Squash Chow Mein	 Egg Roll in a Bowl	 Slow Cooker Spaghetti Squash & Meatballs	 Roasted Winter Vegetables with Tahini Drizzle
Snack 2	 Pistachios	 Toasted Walnuts	 Apple with Almond Butter	 Toasted Walnuts	 Salt n' Vinegar Hard Boiled Eggs	 Toasted Walnuts	 Salt n' Vinegar Hard Boiled Eggs
Dinner	 One Pan Salmon with Green Beans & Roasted Tomato	 Roasted Sweet Potato & Brussels Sprouts Salad	 Spaghetti Squash Chow Mein	 Egg Roll in a Bowl	 Slow Cooker Spaghetti Squash & Meatballs	 Roasted Winter Vegetables with Tahini Drizzle	 15 Minute Halibut with Dill Pesto

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  50%	Fat  47%	Fat  50%	Fat  60%	Fat  56%	Fat  57%	Fat  60%
Carbs  31%	Carbs  39%	Carbs  32%	Carbs  21%	Carbs  23%	Carbs  28%	Carbs  20%
Protein  19%	Protein  14%	Protein  18%	Protein  19%	Protein  21%	Protein  15%	Protein  20%
Calories 1514	Calories 1478	Calories 1669	Calories 1541	Calories 1568	Calories 1618	Calories 1379
Fat 88g	Fat 82g	Fat 97g	Fat 108g	Fat 103g	Fat 108g	Fat 96g
Saturated 11g	Saturated 9g	Saturated 22g	Saturated 20g	Saturated 19g	Saturated 16g	Saturated 18g
Polyunsaturated 26g	Polyunsaturated 34g	Polyunsaturated 25g	Polyunsaturated 34g	Polyunsaturated 19g	Polyunsaturated 35g	Polyunsaturated 17g
Monounsaturated 43g	Monounsaturated 33g	Monounsaturated 43g	Monounsaturated 30g	Monounsaturated 42g	Monounsaturated 50g	Monounsaturated 53g
Carbs 123g	Carbs 151g	Carbs 138g	Carbs 83g	Carbs 96g	Carbs 121g	Carbs 70g
Fiber 33g	Fiber 40g	Fiber 39g	Fiber 29g	Fiber 31g	Fiber 34g	Fiber 23g
Sugar 25g	Sugar 26g	Sugar 49g	Sugar 23g	Sugar 25g	Sugar 38g	Sugar 15g
Protein 76g	Protein 55g	Protein 81g	Protein 78g	Protein 84g	Protein 63g	Protein 73g

Fruits

- 8 Apple
- 4 Avocado
- 7 Lemon

Breakfast

- 1 cup Almond Butter
- 2 tbsps Maple Syrup
- 2 cups Steel Cut Oats

Seeds, Nuts & Spices

- 2 1/2 tps Black Pepper
- 1/2 tsp Cayenne Pepper
- 2 cups Chia Seeds
- 2 tps Cinnamon
- 1 tsp Ground Ginger
- 1 cup Hemp Seeds
- 2 tps Italian Seasoning
- 2 tps Oregano
- 4 cups Pistachios
- 1/2 cup Pumpkin Seeds
- 2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Slivered Almonds
- 4 2/3 cups Walnuts

Frozen

- 4 cups Frozen Cherries

Vegetables

- 16 cups Baby Spinach
- 4 cups Bean Sprouts
- 4 cups Bok Choy
- 14 cups Brussels Sprouts
- 4 Carrot
- 40 stalks Celery
- 2 cups Cherry Tomatoes
- 20 cups Coleslaw Mix
- 2 Delicata Squash
- 2 bulbs Fennel
- 1/4 cup Fresh Dill
- 19 Garlic
- 1/4 cup Ginger
- 8 cups Green Beans
- 18 stalks Green Onion
- 8 cups Mixed Greens
- 1 cup Parsley
- 1 cup Red Onion
- 2 cups Shiitake Mushrooms
- 4 Spaghetti Squash
- 8 Sweet Potato
- 4 Yellow Onion

Boxed & Canned

- 6 cups Crushed Tomatoes
- 4 cups Lentils
- 8 cups Mixed Beans

Baking

- 1/2 cup Brown Rice Flour
- 1/2 tsp Ground Cloves
- 1 1/3 tps Stevia Powder
- 1/2 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 2 lbs Extra Lean Ground Chicken
- 2 lbs Extra Lean Ground Turkey
- 1 1/4 lbs Halibut Fillet
- 2 lbs Lean Ground Pork
- 1 1/4 lbs Salmon Fillet

Condiments & Oils

- 1 cup Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 cup Coconut Aminos
- 3 1/2 tps Coconut Oil
- 1 2/3 cups Extra Virgin Olive Oil
- 1/4 cup Sesame Oil
- 2 cups Sunflower Seed Butter
- 1 cup Tahini
- 3 tps Tamari

Cold

- 54 Egg
- 8 cups Unsweetened Almond Milk

Other

- 7 cups Water



Sweet Cherry Steel Cut Oats

8 servings
20 minutes

Ingredients

2 cups Steel Cut Oats
6 cups Water
4 cups Frozen Cherries
1 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	316
Fat	14g
Saturated	1g
Polyunsaturated	8g
Monounsaturated	1g
Carbs	41g
Fiber	6g
Sugar	8g
Protein	11g

Directions

- 1 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 2 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 3 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries, Any fruit will work.



Asian Veggie Omelette

4 servings
20 minutes

Ingredients

2 tbsps Coconut Oil
 2 cups Shiitake Mushrooms (sliced)
 4 cups Bok Choy (sliced into quarters)
 12 Egg
 3 tbsps Tamari
 8 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	340
Fat	21g
Saturated	10g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	23g

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy, Whisk unsweetened almond milk into your egg mixture.

More Flavour, Whisk sesame oil into your egg mixture.

Mix it Up, Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy, Serve with hot sauce.



Carrot Cake Chia Pudding

8 servings

3 hours

Ingredients

4 Carrot (medium, grated)
 2 tsp Cinnamon
 1/2 tsp Ground Cloves
 1 tsp Ground Ginger
 1 1/3 tbsps Stevia Powder (to taste)
 8 cups Unsweetened Almond Milk
 2 cups Chia Seeds
 1 cup Walnuts (chopped)
 1/2 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	413
Fat	31g
Saturated	4g
Polyunsaturated	7g
Monounsaturated	3g
Carbs	30g
Fiber	16g
Sugar	2g
Protein	12g

Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage, Keeps well in the fridge for 3 to 4 days.

Extra Creamy, Replace half of the almond milk with full-fat canned coconut milk.



Avocado Sweet Potato Toast with Poached Egg

8 servings
15 minutes

Ingredients

4 Sweet Potato (large)
16 Egg
4 Avocado
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	361
Fat	24g
Saturated	5g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	22g
Fiber	9g
Sugar	4g
Protein	16g

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens, Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover, Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free, Skip the eggs and top with hemp seeds instead.



Celery with Sunflower Seed Butter

16 servings

5 minutes

Ingredients

32 stalks Celery (sliced into sticks)
2 cups Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	210
Fat	18g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	6g

Directions

- 1 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery, Use cucumber instead



Salt n' Vinegar Hard Boiled Eggs

12 servings

35 minutes

Ingredients

24 Egg
1 tbsp Sea Salt (divided)
3/4 cup Apple Cider Vinegar (divided)

Nutrition

Amount per serving	
Calories	149
Fat	10g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Marinated Mixed Bean Salad

8 servings

15 minutes

Ingredients

4 cups Green Beans (fresh or frozen)
 8 cups Mixed Beans (cooked)
 1/2 cup Extra Virgin Olive Oil
 1/4 cup Apple Cider Vinegar
 2 tbsps Italian Seasoning
 2 Garlic (clove, minced)
 2 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	367
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g

Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans, Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers, Keeps well covered in the fridge up to 4 to 5 days.



Pistachios

8 servings

1 minute

Ingredients

4 cups Pistachios (in the shell)

Nutrition

Amount per serving	
Calories	345
Fat	28g
Saturated	4g
Polyunsaturated	9g
Monounsaturated	14g
Carbs	17g
Fiber	7g
Sugar	5g
Protein	12g

Directions

- 1 Divide into bowls, peel and enjoy!



Toasted Walnuts

12 servings

15 minutes

Ingredients

3 2/3 cups Walnuts (shelled)

Nutrition

Amount per serving	
Calories	230
Fat	23g
Saturated	2g
Polyunsaturated	17g
Monounsaturated	3g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour, Sprinkle with sea salt or spices of your choice.



Apple with Almond Butter

8 servings

5 minutes

Ingredients

8 Apple
1 cup Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g

Directions

- 1 Slice apple and cut away the core.
;
- 2 Dip into almond butter.
;
- 3 Yummmm.



One Pan Salmon with Green Beans & Roasted Tomato

4 servings

25 minutes

Ingredients

4 cups Green Beans (washed and trimmed)
 2 cups Cherry Tomatoes
 1 tbsp Extra Virgin Olive Oil (or coconut oil)
 Sea Salt & Black Pepper (to taste)
 1 1/4 lbs Salmon Fillet

Nutrition

Amount per serving	
Calories	276
Fat	13g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	5g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	31g

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon, Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan, Use roasted chickpeas instead of salmon.

More Carbs, Serve with quinoa or rice.

Added Touch, Toss the green beans in balsamic vinegar before serving.



Roasted Sweet Potato & Brussels Sprouts Salad

8 servings

30 minutes

Ingredients

4 Sweet Potato (medium. sliced into 1 inch cubes)
 8 cups Brussels Sprouts (washed and halved)
 2 tbsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 1/2 cup Tahini
 2 tbsps Maple Syrup
 1/2 cup Water (warm)
 1/2 tsp Cayenne Pepper (less if you don't like it spicy)
 1/4 tsp Sea Salt
 4 cups Lentils (cooked, drained and rinsed)
 16 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g

Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts, Use broccoli instead.

No Lentils, Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Spaghetti Squash Chow Mein

8 servings
1 hour 30 minutes

Ingredients

2 Spaghetti Squash
 1/4 cup Sesame Oil
 2 Yellow Onion (medium, diced)
 8 stalks Celery (sliced diagonally)
 8 cups Coleslaw Mix
 6 Garlic (cloves, minced)
 2 tbsps Ginger (peeled and grated)
 1 tbsp Coconut Oil
 2 lbs Extra Lean Ground Chicken
 1/2 cup Coconut Aminos

Nutrition

Amount per serving	
Calories	342
Fat	18g
Saturated	5g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	25g
Fiber	5g
Sugar	9g
Protein	22g

Directions

- 1 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 2 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 3 In a separate pan, melt the coconut oil and brown the ground chicken.
- 4 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos, Use tamari instead.
Vegan and Vegetarian, Replace the ground chicken with scrambled eggs or tofu.
Likes it Spicy, Serve with hot sauce.
Leftovers, Refrigerate up to 3 days.



Egg Roll in a Bowl

8 servings

30 minutes

Ingredients

- 1/4 cup Avocado Oil
- 2 Yellow Onion (medium, diced)
- 10 stalks Green Onion (diced)
- 8 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 2 lbs Lean Ground Pork
- 12 cups Coleslaw Mix
- 4 cups Bean Sprouts
- 1/2 cup Coconut Aminos

Nutrition

Amount per serving	
Calories	407
Fat	26g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos, Use tamari or soy sauce instead.

Meat-Free, Replace the ground meat with scrambled eggs or tofu.



Slow Cooker Spaghetti Squash & Meatballs

8 servings

4 hours

Ingredients

2 lbs Extra Lean Ground Turkey
 1/2 cup Brown Rice Flour
 2 Egg (whisked)
 1/4 cup Extra Virgin Olive Oil (divided)
 2 tbsps Oregano (divided)
 6 cups Crushed Tomatoes
 2 tsps Sea Salt (divided)
 2 tsps Black Pepper (divided)
 2 Spaghetti Squash (medium)

Nutrition

Amount per serving	
Calories	389
Fat	18g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	9g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	27g

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey, Use any type of ground meat.

Cheese Lover, Sprinkle with parmesan cheese.



Roasted Winter Vegetables with Tahini Drizzle

8 servings

45 minutes

Ingredients

2 Delicata Squash (small)
 6 cups Brussels Sprouts (washed and halved)
 2 bulbs Fennel (coarsely chopped)
 1 cup Red Onion (coarsely chopped)
 1/2 cup Extra Virgin Olive Oil (divided)
 1/2 tsp Sea Salt
 1/2 tsp Black Pepper
 1/2 cup Tahini
 2 Garlic (clove)
 1/2 cup Water
 4 Lemon (small, juiced)
 1/2 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	351
Fat	25g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	14g
Carbs	30g
Fiber	9g
Sugar	5g
Protein	8g

Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein, Add lentils, chickpeas or diced chicken.

Leftovers, Store covered in the fridge up to 2 - 3 days.



15 Minute Halibut with Dill Pesto

4 servings
15 minutes

Ingredients

1 cup Parsley (packed)
 1/4 cup Fresh Dill (packed)
 1/3 cup Slivered Almonds
 3 tbsps Extra Virgin Olive Oil
 1 Lemon (juiced)
 1 Garlic (clove)
 Sea Salt & Black Pepper
 1 1/4 lbs Halibut Fillet
 1 1/2 tsps Coconut Oil
 8 cups Mixed Greens (or Arugula)

Nutrition

Amount per serving	
Calories	308
Fat	19g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	6g
Fiber	2g
Sugar	1g
Protein	30g

Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free, Use pumpkin seeds or sunflower seeds instead.

Save Time, Blend up the pesto in advance.

More Carbs, Serve it with rice, quinoa or roasted mini potatoes.