

HGC BLOCK PLAN DAY 3

Breakfast: 1 scrambled egg (or 2 scrambled egg whites) + ½ cup black beans + 1 low calorie whole-wheat tortilla (Trader Joe's Handmade 100% Whole Wheat Flour Tortillas)

Morning snack: 1 cup of blueberries/ blackberries or raspberries + 1 oz raw almonds (23 almonds or/ 100 calorie pack!)

Lunch: 4 oz grilled or pan seared salmon (about the palm of your hand) + ¼ avocado + 1 cup mixed greens (no butter only oil on salmon) + 1 tablespoon vinaigrette

Afternoon snack: 1 cup baby carrots & sugar snap peas + 2 tablespoons hummus

Dinner: 6 oz parmesan baked cod + 1 cup steamed carrots + 1 cup steamed broccoli + roasted with a citrus garlic sauce (1 serving, double portions for 2 servings, etc.)

Notes: Chop and steam the carrots and broccoli until tender-crisp, about 5 minutes for the carrots, 3 minutes for the broccoli.

INGREDIENTS

6 oz cod (I use wild Alaskan cod)
1/3 cup finely grated parmesan cheese (sandy or powdery texture)
1 tablespoon chopped fresh parsley
1/2 teaspoon paprika

For The Sauce:

4 cloves garlic, minced
1/4 cup dry white wine (I use Sauvignon Blanc)
2 tablespoons fresh lemon juice
Olive Oil

INSTRUCTIONS

Position an oven rack in the middle of the oven and preheat to 400 F.

Pat the cod fillets dry using paper towels. In an oven-safe pan large enough to hold all fillets side-by-side (I use a 10-inch nonstick pan), add Olive Oil over medium heat. Add minced garlic, stirring until aromatic and starting to brown, 1 to 2 minutes. Add white wine and lemon juice to the pan. Briefly stir them together and then turn off the heat.

In a mixing bowl, stir parmesan cheese with paprika until well-mixed. Place cod fillets side-by-side in the pan, over the oil mixture, aka, sauce. Spoon the parmesan mix over the top of the cod fillets in the pan as best as you can. Once the oven has heated to 400 F, transfer the pan to the oven. Bake until the cod fillets are cooked through, 15 to 20 minutes. They are done when they can easily be flaked using a fork. Sprinkle parsley over the cod and serve while hot.

1,358 TOTAL CALORIES FOR THE DAY

MAKES 1 SERVING AT 6 OZ

Nutrition Facts (per serving)

Calories 280
Protein 36 g
Total fat 9 g
Saturated fat 6 g
Carbs 5.5 g
Fiber 2 g
Total sugar 1 g
Added sugar 0 g
Sodium 350 mg