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## **Mediterranean Tilapia (serves 2)**

FLT (per serving): 1 protein, 1.5 oil, unlimited category 1 vegetables

2 tilapia fillets  
1 tbsp. vegetable oil (or just increase olive oil)  
½ - 1 tbsp. olive oil  
Pinch of salt  
Freshly ground black pepper to taste  
1 tbsp. lemon juice  
½ tbsp. dried parsley  
1 clove garlic, pressed  
12-15 Spanish olives, sliced  
2-3 tbsp. sun-dried tomatoes, diced  
1 fresh plum tomato, diced (not too small)

1. Combine vegetable oil, salt, pepper, lemon juice, and parsley in skillet over medium heat.
2. Once combined, add crushed garlic and sauté tilapia, 3-5 minutes.
3. Cover and simmer a few more minutes.