

FIXATE RECIPES

TILAPIA SALAD

Serves: 4 (approx. 1 cup each)



Total Time: 20 min.

Prep Time: 14 min.

Cooking Time: 6 min.

1 lb. / 455 g	raw tilapia filets	3 Tbsp.	fresh lemon juice
½ cup / 50 g	chopped celery (approx. 1½ medium stalks)	1 Tbsp.	chopped fresh dill (or 1 tsp. dried dill)
½ cup / 55 g	sliced red onion (approx. ⅔ medium)	1 tsp.	finely grated lemon peel (lemon zest)
½ cup / 65 g	diced cucumber (approx. ⅔ medium)	½ tsp.	sea salt (or Himalayan salt)
½ cup / 75 g	diced bell pepper (approx. 1 medium)	¼ tsp.	ground black pepper
3 Tbsp.	extra-virgin olive oil		

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Heat a large nonstick skillet over medium-high heat; lightly coat with spray.
2. Add tilapia; cook, flipping once halfway through, for 5 to 6 minutes, or until cooked through. Remove from skillet; set aside.
3. Add celery, onion, cucumber, bell pepper, oil, lemon juice, dill, lemon peel, salt, and pepper to a large mixing bowl; toss to combine.
4. Add fish. Using two forks, flake fish. Toss again to combine. Serve chilled.

Nutritional Information (per serving):

Calories:	217	Cholesterol:	57 mg	Fiber:	1 g
Total Fat:	12 g	Sodium:	281 mg	Total Sugars:	2 g
				Added Sugars:	0 g
Saturated Fat:	2 g	Carbohydrates:	4 g	Protein:	23 g

PORTION FIX Container Equivalents (per serving)

(REG) ½ 1 1

THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

½ 1 1

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.