



# THE **EAT-CLEAN DIET**<sup>®</sup>

*FAST FAT LOSS that lasts forever!*

FAB RECIPE – WEEK OF 30 APRIL 2012

## Tosca's Keep-It-Tight Tilapia



### Nutritional Value per Filet:

Calories: 183.25  
Calories from Fat: 78.5  
Total Fat: 9 g  
Saturated Fat: 1.7 g  
Total Carbs: 2.6 g  
Fiber: 1 g  
Protein: 23 g  
Sodium: 153 mg  
Cholesterol: 57 mg Sugar: 0.2 g

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**YIELD: 4 servings**

**PREPARATION TIME: 5 minutes**

**COOKING TIME: 10 minutes**

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### Details

Satisfy your taste buds and set your metabolism on fire with this delicious recipe! Cayenne, ginger and mustard are three ingredients that help you burn fat just by eating them!

### Ingredients

- ¼ cup / 60 ml extra virgin olive oil
- 3 cloves garlic, minced or pressed
- 1 tsp / 5 ml paprika
- 1 tsp / 5 ml ginger
- 1 tsp / 5 ml fresh ground black pepper



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- 1 tsp / 5 ml dried mustard
- 1 tsp / 5 ml oregano
- 1 tsp / 5 ml chili powder
- 1 pinch cayenne pepper
- 4 tilapia filets, thawed

### Preparation

1. Preheat oven to 400°F/ 205°C. Line your baking sheet with parchment paper.
2. In a medium-sized bowl combine olive oil, garlic and seasonings.
3. Dip each filet into the seasoning and place it on the baking sheet.
4. Pour any remaining seasoning over the filets on the sheet and place the baking sheet in the oven.
5. Bake for 10 minutes.

### Tosca's Tip

Make this a complete Clean meal by serving this dish with [Tangy Pumpkin Seed Salad!](#)

Source: [www.eatcleandiet.com](http://www.eatcleandiet.com)