

# MANGO SALSA TILAPIA BOWLS

## INGREDIENTS

Tilapia fillets  
Mango, diced  
Red bell pepper, diced  
Red onion, chopped  
Cilantro  
Lime juice  
Rice (brown or white)  
Salt and pepper  
Optional: avocado, chili flakes

## CALORIES

**430**

PER SERVING

## PROTEIN

**32g**

PER SERVING



## DIRECTIONS

1. Cook rice and set aside.
2. Season and pan-cook or bake tilapia until flaky.
3. Mix mango, pepper, onion, cilantro, and lime juice.
4. Assemble bowl: rice base + tilapia + salsa.
5. Add avocado or chili if desired.
6. Serve fresh and colorful.

# GARLIC BUTTER SHRIMP PASTA

## INGREDIENTS

Shrimp (peeled and deveined)  
Pasta (linguine or spaghetti)  
Butter  
Garlic cloves, minced  
White wine (or chicken broth)  
Parsley  
Salt and pepper  
Optional: chili flakes



## CALORIES

540

## PROTEIN

32g

## DIRECTIONS

1. Cook pasta and set aside.
2. Melt butter in a pan and sauté garlic.
3. Add shrimp and cook until pink.
4. Pour in white wine and simmer briefly.
5. Toss in cooked pasta and parsley.
6. Season and serve warm.

# SEAFOOD PAELLA SKILLET

## INGREDIENTS

Shrimp  
Mussels or clams  
Rice (short grain preferred)  
Chicken or seafood broth  
Onion, chopped  
Garlic, minced  
Bell peppers  
Peas  
Paprika and saffron (or turmeric)  
Olive oil  
Salt and pepper

CALORIES	PROTEIN
520	32g

## DIRECTIONS

1. Heat oil and sauté onion, garlic, and peppers.
2. Add rice and toast lightly.
3. Pour in broth and spices.
4. Simmer without stirring until rice absorbs liquid.
5. Add seafood on top and cover until cooked.
6. Finish with peas and serve hot.



# SHEET PAN HONEY MUSTARD SALMON

## INGREDIENTS

Salmon fillets

Dijon mustard

Honey

Olive oil

Asparagus

Salt and pepper

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**CALORIES:** 420

**PROTEIN:** 34g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix honey, Dijon mustard, and olive oil.
3. Place salmon and asparagus on sheet pan.
4. Brush salmon with glaze.
5. Bake 12-15 minutes.
6. Serve warm.

# LEMON HERB BAKED COD

## INGREDIENTS

Cod fillets

Lemon juice

Melted butter

Garlic powder

Dried dill

Salt and pepper

Optional: lemon slices

## CALORIES

260

## PROTEIN

28g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place cod on a baking tray lined with parchment.
3. Mix melted butter, lemon juice, garlic powder, dill, salt, and pepper.
4. Brush mixture over cod fillets.
5. Bake 12–15 minutes until fish flakes easily.  
Serve hot with lemon slices.

# PAN-SEARED SCALLOPS WITH CORN CHOWDER

## INGREDIENTS

Sea scallops  
Butter  
Corn kernels  
Potatoes, diced  
Bacon bits (optional)  
Heavy cream  
Chicken or vegetable broth  
Salt and pepper



## CALORIES

520

## PROTEIN

32g

## DIRECTIONS

1. Cook potatoes and corn in broth until soft.
2. Add cream and simmer to create chowder.
3. Pat scallops dry and season lightly.
4. Sear scallops in hot butter until golden crust forms.
5. Serve scallops over warm corn chowder.
6. Finish with bacon bits if desired.

# SWEET CHILI SHRIMP RICE BOWLS

## INGREDIENTS

Shrimp (peeled and deveined)

Sweet chili sauce

Soy sauce

Garlic, minced

Cooked jasmine rice

Broccoli or vegetables

Green onions

Sesame seeds (optional)



CALORIES

490

PROTEIN

32g

## DIRECTIONS

1. Cook shrimp in a hot pan with garlic.
2. Add sweet chili sauce and soy sauce.
3. Stir until shrimp are coated and glazed.
4. Prepare rice bowls with vegetables.
5. Add shrimp on top. Garnish with green onions and sesame seeds.

# TERIYAKI TUNA SKEWERS

## INGREDIENTS

Tuna steak, cubed  
Teriyaki sauce  
Soy sauce  
Red bell pepper  
Red onion  
Pineapple chunks  
Skewers

CALORIES

320

PROTEIN

32g



## DIRECTIONS

1. Marinate tuna cubes in teriyaki sauce for 15–20 min.
2. Thread tuna, peppers, onion, and pineapple onto skewers.
3. Grill or pan-sear until lightly cooked on all sides.
4. Brush with extra teriyaki while cooking.
5. Remove and rest briefly. Serve warm.

# BLACKENED TILAPIA SKILLET

## INGREDIENTS

Tilapia fillets  
Paprika  
Garlic powder  
Cayenne pepper  
Thyme or oregano  
Salt and pepper  
Butter or oil

## CALORIES

280

## PROTEIN

28g

## DIRECTIONS

1. Mix spices to create blackened seasoning.
2. Coat tilapia evenly with seasoning.
3. Heat skillet with butter/oil until very hot.
4. Cook fish 2–3 minutes per side until browned.
5. Remove and rest briefly.
6. Serve hot with lemon or sides.



# COCONUT LIME SHRIMP CURRY

## INGREDIENTS

Shrimp, peeled  
Coconut milk  
Red curry paste  
Garlic, minced  
Lime juice  
Snap peas or vegetables  
Oil  
Salt to taste

**CALORIES** 410

**PROTEIN** 28g



## DIRECTIONS

1. Heat oil and sauté garlic.
2. Stir in curry paste and cook briefly.
3. Add coconut milk and simmer.
4. Add shrimp and vegetables.
5. Cook until shrimp are pink and tender.
6. Finish with lime juice and serve over rice.

# MEDITERRANEAN COD EN PAPILOTE

## INGREDIENTS

Cod fillets  
Cherry tomatoes  
Kalamata olives  
Capers  
Olive oil  
Garlic, minced  
Lemon slices  
Salt and pepper  
Parchment paper

CALORIES	PROTEIN
<b>320</b>	<b>34g</b>

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place cod on parchment paper.
3. Add tomatoes, olives, capers, garlic, and lemon.
4. Drizzle with olive oil and season.
5. Fold parchment into a sealed packet.
6. Bake 12–15 minutes and serve directly from pouch.



# HONEY GARLIC SHRIMP SKILLET

## INGREDIENTS

Shrimp (peeled and deveined)

Honey

Soy sauce

Garlic cloves, minced

Ginger (optional)

Olive oil or butter

Salt and pepper

Optional: chili flakes, green onions, sesame seeds



CALORIES

**320**

PER SERVING

PROTEIN

**26g**

PER SERVING

## DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Sauté garlic (and ginger if using) until fragrant.
3. Add shrimp and cook until pink.
4. Mix honey and soy sauce, then pour into pan.
5. Simmer until sauce thickens and coats shrimp.
6. Garnish and serve warm.

# CRISPY BAKED TILAPIA FILLETS

## INGREDIENTS

Tilapia fillets  
Panko breadcrumbs  
Parmesan cheese  
Egg (beaten)  
Garlic powder  
Salt and pepper  
Olive oil spray



CALORIES

**320**

PER SERVING

PROTEIN

**31g**

PER SERVING

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Dip tilapia in egg, then coat in breadcrumb mixture.
3. Place on baking tray and spray lightly with oil.
4. Bake 12–15 minutes until golden and crispy.
5. Flip halfway for even crispiness (optional).
6. Serve hot with lemon or sauce.

# SMOKED SALMON AND ASPARAGUS FRITTATA

## INGREDIENTS

Eggs (6–8)

Smoked salmon, sliced

Asparagus, chopped

Milk or cream (optional)

Goat cheese or feta (optional)

Olive oil or butter

Salt and pepper

Optional: dill, chives



CALORIES

**340**

PER SERVING

PROTEIN

**22g**

PER SERVING

## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté asparagus in a skillet with oil until slightly tender.
3. Whisk eggs with salt, pepper, and milk/cream.
4. Add smoked salmon and asparagus to skillet.
5. Pour eggs over mixture and cook lightly on stove.
6. Transfer to oven and bake 10–15 minutes until set.

# CILANTRO LIME BAKED SALMON

## INGREDIENTS

- Salmon fillets
- Fresh cilantro, chopped
- Lime juice
- Garlic, minced
- Olive oil
- Salt and pepper
- Optional: lime slices



CALORIES

320

PROTEIN

34g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix lime juice, cilantro, garlic, and olive oil.
3. Place salmon on baking tray.
4. Brush with cilantro lime mixture.
5. Bake 12–15 minutes until flaky.
6. Serve with extra lime.

# SEARED SESAME AHI TUNA BOWLS

## INGREDIENTS

Ahi tuna steaks

Sesame seeds

Soy sauce

Rice

Cucumber

Edamame

Optional: avocado, green onion

## CALORIES

520

## PROTEIN

38g

## DIRECTIONS

1. Coat tuna with sesame seeds.
2. Sear quickly (rare inside).
3. Slice tuna.
4. Prepare rice bowl base.
5. Add cucumber, edamame, and toppings.
6. Place tuna on top and drizzle soy sauce.



# Classic Crispy Fish Tacos

## INGREDIENTS

White fish fillets (tilapia or cod)  
Cornmeal or flour  
Cabbage (shredded)  
Corn tortillas  
Lime  
Mayo or yogurt (for sauce)  
Salt, pepper, spices

420

CALORIES

28g

PROTEIN



## DIRECTIONS

1. Season fish and coat lightly in cornmeal.
2. Fry or pan-cook until crispy.
3. Warm tortillas.
4. Mix cabbage with lime and sauce.
5. Assemble fish, slaw, and toppings in tortillas.
6. Serve fresh.

# CREAMY TOMATO BASIL MUSSELS

## INGREDIENTS

Fresh mussels

Crushed tomatoes

Garlic cloves, minced

Heavy cream

Fresh basil

Olive oil

Salt and pepper

Optional: chili flakes, white wine



**CALORIES:** 420

**PROTEIN:** 28g

## DIRECTIONS

1. Heat olive oil in a large pot.
2. Sauté garlic until fragrant.
3. Add crushed tomatoes and simmer 5–10 minutes.
4. Stir in cream and seasonings.
5. Add mussels, cover, and cook until shells open (5–7 min).
6. Discard unopened mussels and finish with fresh basil.

# GARLIC HERB CRAB CAKES

## INGREDIENTS

Lump crab meat  
Breadcrumbs  
Egg  
Mayonnaise  
Dijon mustard  
Garlic powder  
Fresh parsley  
Salt and pepper  
Butter or oil for frying

## CALORIES

320

## PROTEIN

24g

## DIRECTIONS

1. Mix crab meat, breadcrumbs, egg, mayo, mustard, and seasonings.
2. Form into patties. Chill briefly to firm up (optional).
3. Pan-fry in butter until golden brown on both sides.
4. Drain on paper towel.
5. Serve warm with lemon or sauce.



# PESTO BAKED TROUT

## INGREDIENTS

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Trout fillets

Basil pesto

Cherry tomatoes

Olive oil

Salt and pepper

Lemon slices (optional)

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CALORIES

PROTEIN

**340**

**32**

kcal

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## DIRECTIONS

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1. Preheat oven to 200°C (400°F).
2. Place trout on a baking tray.
3. Spread pesto over the fish evenly.
4. Add cherry tomatoes around the fish.
5. Drizzle with olive oil and season.
6. Bake 12–15 minutes until flaky.



# TUSCAN BUTTER SALMON SKILLET

## INGREDIENTS

Salmon fillets

Butter

Garlic cloves, minced

Heavy cream

Spinach leaves

Sun-dried tomatoes

Parmesan cheese

Salt and pepper



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CALORIES: 520

PROTEIN: 34g

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## DIRECTIONS

1. Heat butter in a skillet over medium heat.
2. Sear salmon on both sides until golden, then remove.
3. Add garlic and cook until fragrant.
4. Stir in cream, sun-dried tomatoes, and parmesan.
5. Add spinach and cook until wilted.
6. Return salmon to skillet and coat in sauce.

# LEMON GARLIC SCALLOP LINGUINE

## INGREDIENTS

- Scallops (bay or sea)
- Linguine pasta
- Garlic cloves, minced
- Olive oil
- Butter
- Lemon zest and juice
- Red pepper flakes (optional)
- Parsley
- Salt and pepper



CALORIES

520

PROTEIN

34g

## DIRECTIONS

1. Cook linguine and set aside.
2. Pat scallops dry and season.
3. Sear scallops in hot oil/butter until golden (1-2 min per side).
4. Remove scallops and sauté garlic in same pan.
5. Add lemon juice, zest, and butter to form sauce.
6. Toss pasta in sauce, top with scallops and parsley.

# CAJUN SHRIMP AND SAUSAGE SKILLET

## INGREDIENTS

Shrimp, peeled  
Smoked sausage, sliced  
Bell peppers  
Zucchini  
Cajun seasoning  
Olive oil or butter  
Garlic powder  
Salt and pepper

## CALORIES

520

## PROTEIN

33g

## DIRECTIONS

1. Heat oil in a skillet.
2. Cook sausage until browned.
3. Add peppers and zucchini and sauté.
4. Add shrimp and Cajun seasoning.
5. Cook until shrimp turn pink.
6. Stir everything together and serve hot.



# SPINACH AND FETA STUFFED SALMON

## INGREDIENTS

- Salmon fillets (thick cut)
- Fresh spinach (or frozen, thawed and drained)
- Feta cheese, crumbled
- Cream cheese (optional, for creaminess)
- Garlic, minced
- Olive oil
- Salt and pepper
- Lemon juice



## CALORIES

420

## PROTEIN

34g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix spinach, feta, cream cheese, and garlic.
3. Slice a pocket into salmon fillets carefully.
4. Stuff mixture inside each fillet.
5. Drizzle with olive oil, salt, pepper, and lemon juice.
6. Bake 15–18 minutes until salmon is cooked through.

# CRAB AND CORN CHOWDER

## INGREDIENTS

Lump crab meat  
Corn kernels  
Potatoes, diced  
Celery, chopped  
Onion, chopped  
Chicken or vegetable broth  
Heavy cream  
Butter  
Salt and pepper  
Optional: bacon bits, parsley



**CALORIES**

420

**PROTEIN**

24g

## DIRECTIONS

1. Melt butter and sauté onion and celery.
2. Add potatoes and broth; simmer until soft.
3. Stir in corn and cream.
4. Gently fold in crab meat.
5. Simmer briefly (do not overcook crab).
6. Season and serve warm.

# SOY GINGER GLAZED COD

## INGREDIENTS

Cod fillets

Soy sauce

Fresh ginger, grated

Garlic, minced

Honey or brown sugar

Sesame oil

Optional: green onions,  
sesame seeds

CALORIES

280

PROTEIN

28g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix soy sauce, ginger, garlic, honey, and sesame oil.
3. Place cod on baking tray.
4. Brush with glaze generously.
5. Bake 12–15 minutes until flaky and glazed.
6. Garnish and serve hot.

# MAPLE GLAZED SALMON

## INGREDIENTS

Salmon fillets

Pure maple syrup

Soy sauce

Garlic cloves, minced

Black pepper

Olive oil



CALORIES

PROTEIN

410

34g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix maple syrup, soy sauce, garlic, and pepper.
3. Place salmon on baking tray and brush with glaze.
4. Bake 12–15 minutes, brushing once halfway through.
5. Cook until salmon is flaky and caramelized.
6. Serve warm with extra glaze.

# WHITE WINE HERB HALIBUT

## INGREDIENTS

Halibut fillets

White wine

Butter

Garlic cloves, minced

Fresh herbs (parsley or thyme)

Salt and pepper

Lemon slices (optional)

## CALORIES

280

## PROTEIN

34g

## DIRECTIONS

1. Heat butter in a skillet.
2. Sear halibut lightly on both sides.
3. Add garlic and white wine.
4. Simmer gently until fish is cooked through.
5. Add herbs and season.
6. Serve with pan sauce spooned over fish.



# AVOCADO TUNA SALAD BOWLS

## INGREDIENTS

Canned tuna, drained

Avocados, diced

Red onion, chopped

Celery, chopped

Lemon juice

Olive oil or mayo

Salt and pepper

Optional: greens,  
cucumber, tomatoes



## CALORIES

**380**

## PROTEIN

**28g**

## DIRECTIONS

1. Combine tuna, avocado, onion, and celery in a bowl.
2. Add lemon juice and olive oil or mayo.
3. Season with salt and pepper.
4. Gently mix to keep avocado chunky.
5. Serve in bowls or over greens.
6. Chill slightly before serving if desired.

# SPICY SRIRACHA TUNA CAKES

## INGREDIENTS

Canned tuna, drained  
Egg  
Breadcrumbs  
Sriracha sauce  
Green onions  
Garlic powder  
Salt and pepper  
Oil for frying



CALORIES

280

PROTEIN

24g

## DIRECTIONS

1. Mix tuna, egg, breadcrumbs, sriracha, and seasonings.
2. Form into small patties.
3. Heat oil in skillet over medium heat.
4. Fry patties 2–3 minutes per side until golden.
5. Drain on paper towel.
6. Serve with dipping sauce or rice.

# SHEET PAN COD WITH ROASTED ROOT VEGETABLES

## INGREDIENTS

Cod chunks or fillets  
Carrots  
Sweet potatoes or squash  
Red onion  
Olive oil  
Rosemary or thyme  
Garlic powder  
Salt and pepper  
Lemon slices (optional)

## CALORIES

420 kcal

## PROTEIN

34 g



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss root vegetables with oil, herbs, and seasoning.
3. Roast vegetables for 20–25 minutes first.
4. Add cod to the same tray.
5. Roast another 10–12 minutes until fish flakes.
6. Serve warm with lemon.

# BASIL CRUST TILAPIA

## INGREDIENTS

Tilapia fillets

Breadcrumbs (preferably panko)

Dried basil or fresh chopped basil

Parmesan cheese

Olive oil

Garlic powder

Salt and pepper



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## CALORIES

320

## PROTEIN

28g

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## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix breadcrumbs, basil, parmesan, and seasonings.
3. Brush tilapia with olive oil.
4. Coat fish with basil breadcrumb mixture.
5. Bake 12–15 minutes until crispy and cooked through.
6. Serve hot with lemon.

# TOMATO FENNEL FISH STEW

## INGREDIENTS

White fish chunks (cod, tilapia, or mixed)

Fennel bulb, sliced

Canned tomatoes

Garlic, minced

Onion, chopped

Fish or vegetable broth

Olive oil

Salt and pepper

Optional: chili flakes, parsley



**CALORIES** 320

**PROTEIN** 28g

## DIRECTIONS

1. Sauté onion, garlic, and fennel in olive oil.
2. Add canned tomatoes and broth.
3. Simmer 10–15 minutes until fennel softens.
4. Add fish chunks gently.
5. Cook 5–7 minutes until fish is done.
6. Finish with herbs and serve hot.

# CREAMY GARLIC SHRIMP AND ZUCCHINI NOODLES

## INGREDIENTS

Shrimp (peeled)  
Zucchini, spiralized  
Garlic cloves, minced  
Heavy cream  
Parmesan cheese  
Butter or olive oil  
Salt and pepper  
Optional: chili flakes, parsley



**CALORIES**            420

**PROTEIN**            32g

## DIRECTIONS

1. Sauté garlic in butter or oil.
2. Add shrimp and cook until pink.
3. Pour in cream and simmer gently.
4. Stir in parmesan until sauce thickens.
5. Add zucchini noodles and toss briefly (1–2 min).
6. Serve immediately to avoid watery sauce.

# CLASSIC CLAM LINGUINE

## INGREDIENTS

Linguine pasta  
Clams (fresh or canned)  
Garlic cloves, minced  
Olive oil  
White wine  
Parsley  
Red pepper flakes (optional)  
Salt and pepper



CALORIES

PROTEIN

**520** kcal

**28** g

## DIRECTIONS

1. Cook linguine and set aside.
2. Heat olive oil and sauté garlic.
3. Add clams and white wine; simmer until fragrant.
4. Toss in cooked pasta.
5. Add parsley and seasoning.
6. Serve warm with extra broth sauce.