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Tilapia and Sweet Potatoes

Ingredients for Tilapia:

6 Tilapia fillets
7 tbsp of pesto sauce
7 tsp of almond flour
Coconut oil spray
Sea salt and freshly ground pepper to taste

Directions:

1. Preheat oven to 400 degrees F.
2. Spray baking dish with coconut oil.
3. Place tilapia in dish and top with pesto. Sprinkle with almond flour, sea salt, and pepper.
4. Bake for about 10 minutes.

Ingredients for Sweet Potato:

1 sweet potato
Cinnamon, sea salt, and freshly ground black pepper

Directions:

1. Preheat oven to 400 degrees F.
2. Wash, dry, and poke holes in the sweet potato.
3. Place sweet potato in an aluminum-foil-covered baking pan and bake for 45 minutes to one hour.
4. Once potato is done, cut in half and store 1/2 for later.
5. Slice sweet potato and sprinkle with cinnamon, sea salt, and black pepper.