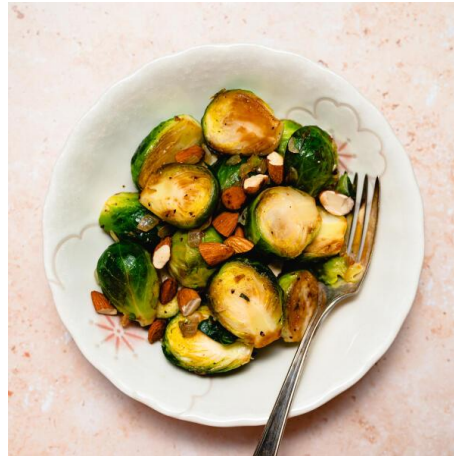


Dinner – Whole 30

LEMON OLIVE COD WITH SWEET POTATO FRIES AND SIMPLE BRUSSEL SPROUTS

\$7.10/SERVING EST



Ingredients and groceries scaled from original 1 serving

4 cups frozen sweet potato fries

8 teaspoons olive oil

2 lb. cod

16 olives pitted and sliced

2 teaspoons dried thyme

2 tablespoons lemon juiced

Prep: 5mins

Cook: 20 mins

1. Preheat oven to 400°.
2. Arrange sweet potato fries on baking sheet in a single layer.
Bake 15-20 minutes until crisp.

3. Meanwhile, heat olive oil in a skillet over medium heat. Add cod and cook 3-4 minutes until browned on the bottom. Flip and add olives and thyme. Continue cooking; until cod is cooked through, stirring occasionally.
4. Squeeze lemon juice over cod.
5. Serve with sweet potato fries.

SIMPLE BRUSSELS SPROUTS

\$2.02/SERVING EST

Ingredients and groceries scaled from original 1 serving

2 lbs. Brussels Sprouts halved

8 tablespoons onion chopped

2 tablespoons olive oil

4 dashes salt

4 dashes peppers

8 tablespoons almonds toasted and chopped

Prep: 15 mins

Cook: 15 mins

1. Boil water in a large pot on the stove. Add Brussels sprouts and boil for 5 minutes. Place into a bowl of ice water to cool. Drain and set aside.
2. Heat oil in a skillet over medium heat. Add onions and cook until lightly browned.

3. Add Brussels sprouts, salt, and pepper. Stir and cook until tender, about 5 minutes.
4. Top with almonds to serve.