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Day 1, Meal 4: Post-Workout Meal: Cajun Tilapia with Sweet Potato and Broccoli

Ingredients:

Cajun spice
Tilapia, 4 oz.
Baked sweet potato, 1 medium
Steamed broccoli, 1 cup

Directions:

1. Preheat your oven to 425 degrees F.
2. Meanwhile, wash the potato, pat it dry with a paper towel, and poke it all over with a fork. Wrap the potato in foil, and place it in the oven for 50-60 minutes, or until soft throughout.
3. Season the tilapia with Cajun seasoning on both sides. Turn the oven to broil setting without removing the potato, add the tilapia, and cook everything for 6-8 minutes, flipping the fish and potato halfway through.
4. While the tilapia and potato cool, steam the broccoli in a microwave-safe steamer.

Nutrition Information:

Serving size: 1 meal
Recipe yields 1 serving

Calories: 359
Fat: 3 g
Carbs: 53 g
Protein: 30 g

