



Metabolic Code®
unlock your healthiest you

Learning to Like Fish: Baked Italian Herb & Butter Cod

Weight Loss - **Week 9**





Fiber's Supporting Role

Are you a fish eater or non-fish eater? The world seems to be divided between the two. Fish is one of the most anti-inflammatory foods we can eat due to being the best dietary source of omega 3 fatty acids. The key to liking fish is buying it fresh. If there is any fishy-ammonia like odor, do not buy it! Some areas may not have stores with good fresh fish, in which case you can often find stores that carry good frozen fish, like Costco and Trader Joes. Otherwise, it is all about knowing how to prepare it.



Codfish fillets – fresh or thawed out from frozen

1 tablespoon butter, ghee, or Earth Balance (for people needing low saturated fat intake)
Italian seasoning herbs

Preheat grill or set oven to the broil setting or 400 degrees. Pat fish fillets dry with a paper towel. In a small bowl combine butter with a blend of Italian herbs (herbs can be freshly diced, frozen, or dried). Grill or broil fillets for 4-5 minutes. Then top with butter and herb mixture, cook 4-5 minutes longer or until fish flakes easily.



Dietitian Tips:

- Fresh herbs are worth the extra money. They make a huge difference with the flavor. If you can't do fresh look for frozen herbs which can offer more flavor than dried. Dried herbs aren't bad they just tend to not have the same intense flavor as fresh or frozen. Look for frozen herbs in ice cube-like blocks (see picture) or sold in small boxes.
- Fish is an wonderful and quick meal. Before soccer practice, evening meetings, after a long day etc... Most types of fish take just minutes to cook and can easily be dressed up by drizzling with some butter or oil and being seasoned with different herbs or spices. Lemon juice and butter with a little fresh ground pepper for example. Pair your fish with frozen veggies and bagged salad for a 10-minute meal.