

Lemon Garlic Salmon and Parmesan Rice

Shopping List:

DAIRY

- 1/4 Cup Butter or Ghee
- 4 Tablespoons Butter
- 1 Cup Milk
- 1/2 Cup Parmesan Cheese, Finely Grated

PROTEIN

- 4 Salmon Filets (About 6 Ounces Each)

PRODUCE

- 9–11 Garlic Cloves, Minced
- 1/2 Medium Sweet Onion, Chopped
- Fresh Lemons, Thinly Sliced
- 5 Tablespoons Fresh Lemon Juice
- 2 Tablespoons Fresh Parsley, Minced

GRAINS

- 1 1/2 Cups Uncooked Long-Grain Rice

BROTH & LIQUIDS

- 2 Cups Chicken Broth

OILS & FATS

- 1 Tablespoon Avocado Oil

SPICES & SEASONINGS

- 1/2 Teaspoon Salt
- Fresh Cracked Black Pepper