

Lemon Garlic Salmon

Shopping List

Cooking Oils

- ☐ ¼ cup ghee or butter (if not on Whole30)
- ☐ 1 tablespoon avocado oil

Produce

- ☐ 6–8 garlic cloves, minced
- ☐ ¼ cup fresh lemon juice
- ☐ 2 tablespoons fresh parsley, minced
- ☐ Fresh lemons, thinly sliced, for garnish
- ☐ Brussels Sprouts

Pantry

- ☐ ¼ cup chicken broth
- ☐ Sea salt
- ☐ Fresh cracked black pepper (if desired)
- ☐ Rice

Protein

- ☐ 4 salmon filets (about 6 ounces each, patted very dry)
- ☐ Parmesan Cheese