

Dinner: Baked Salmon with Asparagus

Ingredients:

- 4 salmon fillets (about 6 oz each)
- 1 lb asparagus, trimmed
- 2 tablespoons olive oil
- 1 lemon, sliced
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Place salmon fillets on a baking sheet lined with parchment paper.
3. Arrange asparagus around the salmon.
4. Drizzle olive oil over the salmon and asparagus.
5. Sprinkle minced garlic, salt, and pepper on top.
6. Place lemon slices over the salmon.
7. Bake for 15-20 minutes, or until the salmon is fully cooked and flakes easily with a fork.
8. Serve immediately.

Macros (per serving):

- Calories: 400
- Fat: 25g
- Protein: 37g
- Carbs: 6g
- Fiber: 3g
- Net Carbs: 3g