



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	154
PROTEIN	3 G
CARBOHYDRATE	28 G
TOTAL FAT	3 G

PREP TIME:	5 MINUTES
COOK TIME:	55 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF ENTIRE RECIPE

INGREDIENTS:

1 C	BROWN RICE
1¾	CUPS COCONUT WATER
1 TBSP	COCONUT OIL
¼ TSP	KOSHER SALT
ZEST AND JUICE	OF 1 MEDIUM LEMON
2 TBSP	MINCED ITALIAN PARSLEY



LEMON RICE

- 01** Rinse and drain the rice. Combine the rice, coconut water, and coconut oil in a medium saucepan and bring to a boil.
- 02** Cover with a tight-fitting lid, reduce the heat to a low simmer, and cook for 45 minutes. Check a few times, especially towards the end as the rice cooks. If at any point it looks like it is become dry or sticking, splash in additional coconut water as needed.
- 03** Remove from the heat. Add the lemon zest and lemon juice and then fluff with a fork to combine. Cover and let rest for 10 minutes. Stir in the parsley

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