



WEIGHT ★ NO ★ MORE DIET CENTER SM



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PEANUT SHRIMP

Stabilization (Week 3) & Maintenance

Ingredients

2 medium garlic cloves, chopped
½ lb. medium size shrimp, peeled and de-veined
2 TBS + 1 TBS fresh lemon juice
sea salt and pepper to taste
3 TBS low-sodium chicken or vegetable broth
2 TBS extra virgin olive oil
¼ cup (4 TBS) of your favorite peanut sauce
2 cups chopped mixed greens

Instructions

1. Chop garlic and let sit for 5 minutes.
2. Peel and de-vein shrimp.
3. Rub shrimp with 2 TBS lemon juice, and salt and pepper to taste.
4. Heat 3 TBS broth over medium-low heat on a stainless steel skillet.
5. When broth begins to steam, add shrimp and sauté. Stir frequently. After 2 minutes, turn the shrimp over and add garlic. Sauté until shrimp are pink and opaque throughout (approximately 3 minutes). Cook 4 to 5 minutes for large shrimp. (Shrimp cook quickly, so watch your cooking time or they will become tough.)
6. Dress with extra virgin olive oil and the remaining 1 TBS lemon juice.
7. Serve with mixed greens and top with your favorite peanut sauce.

Portion-Per-Serving Information: (Yields 2 servings)

Serving = 1 cup chopped mixed greens, 4 or 5 medium shrimp, 2 TBS peanut sauce = 1 P, 1 V, 1 FT