

Shrimp Cocktail

Makes 1 serving (1 protein, 1 vegetable)
24 grams protein
2 fat
150 calories

Ingredients

- 100 grams raw shrimp (approximately 10-12 medium shrimp), steamed

Cocktail sauce

- 2 ounces tomato paste
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon hot sauce
- 1/8 teaspoon of horseradish or to taste
- Dash of mustard powder
- Stevia to taste
- Sea salt and pepper to taste
- Water as needed for desired consistency



Directions

1. Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill.
2. Add water as needed to create desired consistency.
3. Steam the shrimp until pink and well cooked.
4. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce.

