

Grilled Marinated Shrimp

number of servings: 1
(1 serving = 1 protein, 1 lemon juice)

Ingredients

- 1/4 cup chopped fresh cilantro
- 1 lemon, juiced
- 3 cloves garlic, minced
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper or cumin
- 100 grams large/medium cooked shrimp, peeled & deveined



Directions

1. In a zip plastic bag, combine the shrimp with the sea salt, cumin or pepper, garlic, lemon, cilantro.
2. Seal, and marinate in the refrigerator for 15 min to 1 hour.
3. Preheat grill for medium-low heat. Cook shrimp for 5 minutes per side, or until opaque.
4. Add side 100 grams of any allowed vegetable or salad to complete the meal.