

Lemon Shrimp & Spinach

cals: **168.4** fat: **2.6** g protein: **26.6** g carbs: **12.2** g fiber: **4.6** g

22 Minutes to Prepare and Cook

Serving counts as 1 protein, 1 vegetable, 1 lemon (or 1/2)

Ingredients

- 100 grams shrimp (peeled & de-veined)
- 100 grams spinach
- 3 tsp water
- juice of 1 lemon
(or 1/2 lemon if you like things less lemony)
- 2-3 cloves minced garlic
- sea salt and black pepper



Directions



- Preheat non-stick skillet over medium heat.
- Add 3 tsp water, garlic, and shrimp.
- Cook 5 mins or until shrimp just turns pink.
- Add water as necessary
- Squeeze in juice of 1 lemon (or 1/2).
- Add spinach.
- Toss in salt & pepper.
- Cook uncovered until spinach wilts and then serve.

Nutritional Info

Number of Servings: 1

Amount Per Serving

- Calories: 168.4
- Total Fat: 2.6 g
- Cholesterol: 152.0 mg
- Sodium: 307.6 mg
- Total Carbs: 12.2 g
- Dietary Fiber: 4.6 g
- Protein: 26.6 g



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