

## Sweet and Sour Shrimp

### Ingredients

- 100 grams shrimp
- 1 cup water
- ½ lemon with rind
- ½ orange with rind
- 1 clove of garlic, crushed and minced
- 2 tablespoons Bragg's liquid aminos (optional)
- 1 tablespoon onion, chopped
- Cayenne pepper to taste
- Stevia to taste
- Sea salt and black pepper to taste

Makes 1 serving (1 protein, 1 fruit)
20 grams protein
2 grams fat
110 calories

### PHASE 3 MODIFICATION:

Add red and green bell peppers to the mix. Add sesame or chili oil to the recipe and a small amount of fresh pineapple. (Pineapple should be used sparingly due to high sugar content)

### Directions

1. Boil 1 cup of water with ½ lemon and ½ orange with rind until pulp comes out of the center.
2. Scrape out remaining pulp and discard the rind.
3. Add onion, garlic, Bragg's, and spices and reduce liquid by half.
4. Add the shrimp to the sauce and sauté for 5-7 minutes until shrimp is cooked.

