

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.





Shrimp & Green Beans

4 servings

20 minutes

Ingredients

- 1 tbsp Avocado Oil (divided)
- 2 1/2 cups Green Beans (trimmed)
- 2 lbs Shrimp (raw, peeled and deveined)
- 1/8 tsp Sea Salt
- 1 tbsp Tamari
- 1/2 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	247
Fat	5g
Saturated	1g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	47g
Cholesterol	365mg
Sodium	599mg
Vitamin A	525IU
Vitamin C	8mg
Calcium	170mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	22µg
Vitamin B12	0µg
Magnesium	97mg
Zinc	3mg

Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.

Serve It With: Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

No Tamari: Use soy sauce or coconut aminos instead.