

Premium Shrimp

Fine-dining-restaurant quality, premium shrimp are a great addition to recommended entrees. Quantity of 1 = an individual serving (about 10 shrimp)

3 *Minutes to the Table*

3 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

1 MEEZ CONTAINERS

Shrimp

Add Protein Cooking Instructions

Cook protein: Heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side.

Good to Know

Health snapshot per chicken breast – 120 Calories, 28g Protein, 0g Carbs, 1g Fat, 1 Freestyle Points.

INGREDIENTS: Shrimp

meezmeals