

## 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 single serving of shrimp** – 120 Calories, 28g Protein, 0g Carbs, 1g Fat, 1 Freestyle Points.

INGREDIENTS: Shrimp

meezmeals