



Garlic Lemon Pepper Shrimp & Vegetable Skewers

Metabolic Reset Recipe

Serves: 1

Carbohydrates: 10 grams

Protein: 1 Portion

Ingredients:

Garlic Lemon Pepper Marinade

25 g lemon juice (1.5 CHO)

1 garlic clove, minced (.5 CHO)

1 tsp olive oil

Light salt and black pepper to taste

Shrimp & Vegetables

60 g shrimp, raw (1 PRO, 1 CHO)

35 g mushrooms, halved (1.5 CHO)

60 g grape tomatoes, halved (3.5 CHO)

20 g green peppers, sliced (2 CHO)

1-2 Bamboo Skewers—depending on size (prepared via package directions)

Directions:

1. Begin by whisking the lemon juice, garlic, olive oil, and light salt/pepper in a small bowl. Set aside.
2. Spear vegetables and shrimp onto skewer(s) rotating between shrimp & vegetables.
3. In a hot non-stick skillet, lay down the prepared skewers and using a basting brush, baste the shrimp and vegetables with marinade.
4. Flip the skewer(s) over and do the same on the other side until the shrimp is slightly pink and forms a C-shape and vegetables are slightly tender.
5. Transfer skewers to a plate and drizzle with any remaining marinade.