

Sweet Orange Pepper Shrimp

Makes 1 serving (1 protein, 1 fruit)

20 grams protein

2 grams fat

125 calories

Ingredients

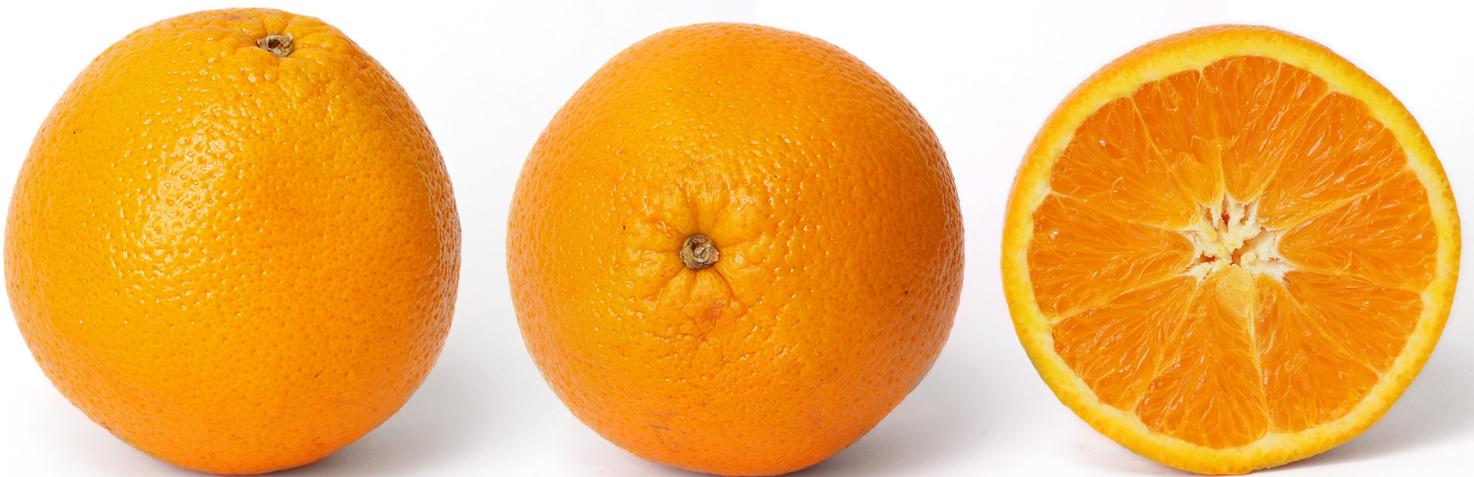
- 100 grams shrimp
- 1 tablespoon onion, minced
- 1 serving of **Sweet Orange Marinade**
- Few slices of orange, chopped
- Black pepper to taste
- Stevia to taste

HCG
Diet
Tip

Crush one serving of Melba toast, mix with herbs, and use as a topping for baked fish or chicken.

Directions

1. Marinate shrimp for 30 minutes in marinade.
2. In small frying pan add shrimp and rest of marinade along with a few chopped slices of orange.
3. Add black pepper to taste.
4. Deglaze the pan periodically with water.
5. Sauté until shrimp are cooked and tender and the sauce is the right consistency.



telephone
email
website

(416) 477 - 1345

info@HCGDIETCANADA.com

www.HCGDIETCANADA.com