

# Garlic Shrimp Zoodles

## Ingredients

- 2 medium zucchinis
- 3/4 pounds medium shrimp, peeled & deveined
- 1 tablespoon olive oil
- Juice and zest of 1 lemon
- 3-4 cloves garlic, minced
- Red pepper flakes (optional)
- Salt & pepper, to taste
- Chopped fresh parsley

## Instructions

1. Spiralize the zucchini on the medium setting. Set aside.
2. Add the olive oil and lemon juice & zest to a skillet on medium heat. Once the pan is warm, add the shrimp. Cook the shrimp for one minute per side.
3. Add the garlic and red pepper flakes. Cook for an additional minute, stirring often.
4. Add the zucchini noodles and stir/toss (e.g. with tongs) constantly for 2-3 minutes until they're slightly cooked and warmed up.
5. Season with salt and pepper and sprinkle with the chopped parsley. Serve immediately.



Reminder: While you are on the program, shrimp is under the limited seafood category so you can only have this dish once a week and only 5-8 pieces of shrimp.