

Mark Drugs Pharmacy

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Pan Fried Garlic Shrimp

This is one on my wife Sarah's favorites. It is quick, easy, flavorful and she can have any HCG approved vegetable as a side that she wants. It is one of her favorite lunches and she will probably continue to have it after she has met her weight loss goals.

3-4 ounces of cooked, tail-on Shrimp

Juice of ¼ Lemon

1 clove crushed garlic

Fresh cracked pepper & Sea salt to taste

1. Place all ingredients into a Ziploc bag
2. Place in Refrigerator for 20-45 minutes.
3. Heat up a small frying pan over medium high heat
4. Add ingredients to hot pan and cook with occasional stirring until most of liquid is gone
5. Serve as is on a plate with your favorite vegetable as a side

Makes 1 protein (vegetable is optional)