


Shrimp & Pesto Zoodles

 Ready in 30 minutes



Meal Type:

DINNER (PROTEIN/VEG/FAT)

**MALE LUNCH (PROTEIN/FRUIT/
VEG/FAT)**

Preparation Difficulty:

EASY - MEDIUM

Program Phase:

ALL PHASES

Preparation Time:

PREP: 10 minutes

COOK: 20 minutes



**TIP: TRY WITH RAW ZUCCHINI, MORE
NUTRIENTS ARE RETAINED!**

INGREDIENTS (2-3 SERVINGS):

3-4 medium zucchinis (about 1 per serving)

1/2 cup pesto from "Quick Homemade Pesto" recipe. Can also use a store bought vegan pesto (just check ingredients first)

1 lb shrimp, peeled and de-veined (3oz for female, 5 oz for male)

2 tsp Italian seasoning or equal parts of garlic powder, dried oregano and dried basil

1 tbsp olive oil

Salt & pepper to taste

1 cup cherry tomatoes, whole or halved

Optional: 1/4 cup nutritional yeast

1. Optional: heat oven to 350 degrees F and place cherry tomatoes on a foil lined baking sheet. Once oven is preheated, roast the tomatoes for about 5 mins. You can leave tomatoes raw instead if desired.
2. Use a spiralizer to make zucchini into zoodles.
3. In a large skillet/pan, heat most of the olive oil on medium high heat. Add in the shrimp and sprinkle with Italian seasoning, salt and pepper. Cook for a few mins until shrimp is pink and opaque.
4. Transfer shrimp to a bowl and cover to retain heat.
5. Wipe the pan and add remaining oil over medium high heat. Add zucchini noodles, season with salt & pepper.
6. Stir occasionally for a few minutes until zucchini is tender (not over cooked and mushy). Stir in the pesto (it will be about 2 tbsp per serving).
7. Place shrimp and tomatoes on top of zoodles. Sprinkle with nutritional yeast if desired & enjoy!

#EATGOODFEELGOOD