

SHRIMP STACK

Take the below recipe and make it **5 & 1 Compliant**:

LEAN:

Shrimp – 7 oz

GREEN:

Cauliflower Rice 3.17oz

Cucumber (Diced) 2.10 oz

Scallions 1.76 oz

FAT:

Avocado (chopped) 1.5 oz

Sesame Seeds 1 tbsp

CONDIMENTS:

Soy Sauce 1 tbsp

Sriracha (drizzled on top if desired) 1 tsp



Directions: chop, dice and toss in a bowl. Or make it all fancy in a stack. Easy!

Bonus: Pre-prep it a day or two in advance for a weekend getaway or mealtime later.

My actual photos:



Actual Recipe found online:

225 Cals 10 Protein 23 Carbs 11 Fats | TOTAL TIME:30 mins | YIELD:4 **SERVINGS**

These EASY shrimp stacks layered with cucumber, avocado, shrimp and brown rice, then topped with a spicy mayo – YUM!

INGREDIENTS

- 1 1/3 cups cooked short-grain brown rice, from 1/2 cup uncooked
- 2 tablespoons rice vinegar
- 8 ounces cooked shrimp, peeled and tails removed
- 1 cup diced cucumber, about 1 small
- 1 teaspoon chopped fresh chives
- 1/2 cup mashed avocado, about 1 medium
- 4 teaspoons [Furikake](#), such as Eden Shake or use sesame seeds
- 4 teaspoons reduced-sodium soy sauce, or gluten-free
- 4 teaspoons mayonnaise
- 1 teaspoon sriracha sauce

INSTRUCTIONS

1. Cook rice according to package directions, omitting salt and oil. When rice is done, add rice vinegar and stir. Evenly spread rice on a sheet pan to cool.
2. Cut shrimp into 1-inch cubes. In a small bowl, combine cucumber and chives. In another small bowl, combine mayonnaise and sriracha sauce.
3. Using a 1 cup dry measuring cup, layer ¼ cup cucumber, then 2 tablespoon of avocado, then ¼ of the shrimp, and 1/3 cup rice.
4. Carefully turn the cup upside down to turn the stack out onto a plate, lightly tapping the bottom of the cup if necessary. Sprinkle with Furikake and drizzle with 1 teaspoon soy sauce and sriracha mayonnaise.
5. Repeat with remaining ingredients.

Serving: 1stack, Calories: 225kcal, Carbohydrates: 23g, Protein: 10g, Fat: 11g, Cholesterol: 73mg, Sodium: 662mg, Fiber: 4g, Sugar: 2g