

Healthy Meal Plans

(Members only)
July '09

Shrimp Stir Fry



Ingredients

Makes 3-4 servings

1 red onion, sliced
1 small zucchini, sliced
brown rice (follow package directions for 4 servings)
- If you're on a fat loss plan, you can remove the rice
1lb shrimp
3 eggs
Soy Sauce
Vegetable Oil
4 cloves minced Garlic
1 lemon
2 tbsp chopped ginger
1 tbsp pepper
salt and pepper, to taste



How to Make

Combine pepper, garlic, juice from the lemon, ginger, and shrimp.

Set this mixture aside and let the flavors blend while you prepare the rest.

Now would be a good time to prepare the rice per the directions on the box for 4 servings.

While this is cooking, Heat 1 tsp oil in skillet until hot and then add zucchini and red onion. Cook for a 3-4 minutes and then drizzle 1/8c soy sauce over the vegetables and stir. Continue cook for a few more minutes until soft and slightly caramelized.

Next, heat 1tsp of oil in another skillet. Once very hot, add the cooked rice. After 2-3 minutes, add 1/8c soy sauce and mix everything together. Leave the rice to cook in that pan during the next step. Remove the vegetables from the first pan and then pour in the shrimp mixture. The shrimp will only need to cook for 2-3 minutes on each side. Once the shrimp are complete, add them to the rice along with the other vegetables. You can now use the empty pan to cook the eggs up quickly while the rest of the stir fry is staying warm in the other pan.

Crack the eggs into the skillet and break up the yolks. Let this cook until the eggs are white/yellow and no longer look cloudy in appearance. Chop up these eggs and stir them into the other mixture. The dish is now complete and ready to enjoy!

Strawberry – Banana Smoothie

This is a great smoothie that you can have for breakfast, or as a snack in between meals. And unlike getting one at a store, this isn't premade with a boatload of sugar and prepared crap.

Its delicious AND healthy!

Ingredients

8 strawberries (fresh, you can use frozen if its easier)
1/2 of a banana
5 ice cubes
squeeze half of an orange or put in a slice of pineapple (optional)

Cut the ends off the strawberries so you don't have any of the green crap in your smoothie. Cut a banana in half (eat the other half or throw it away).

Put the banana and strawberry in a blender along with 5 ice cubes and a splash of water (1/8 cup or so). Less water is always better. You want a smoothie, not a runny drink...

Blend on high for a little bit, and then choose the blend feature (low-mid range) and let it blend for a while. After it blends for like 20-30 seconds you're all set!

Pour it in a cup and enjoy!