SHRIMP SALAD  
  
PHASE 3  
Serves 1  
You can also serve this on an endive boat or a red bell pepper for lunch, or half of the recipe can be used as a snack.  
½ cup cherry tomatoes, diced\*  
¼ cup finely chopped celery  
1 tablespoon finely chopped red onion  
2 tablespoons safflower mayonnaise or hummus  
1 teaspoon lime juice  
½ teaspoon cilantro or parsley  
4 to 5 ounces cooked shrimp  
2 to 4 cups fresh spinach or mixed greens  
In a small mixing bowl, combine the tomatoes, celery, and onion. Stir in the mayonnaise, lime juice, and cilantro. Fold in the shrimp.  
Serve over spinach or mixed greens.”  
  
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