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.”

Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.
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