

Dinner – Whole 30

LIME SHRIMP & AVOCADO SALAD

\$4.86/SERVING ES

Ingredients and groceries scaled from original 2 servings



1 ½ lb. shrimp

4 avocados sliced

16 cups romaine lettuce chopped

2 limes juiced

1.2 cup olive oil, divided

1 teaspoon paprika

4 pinches pepper

Prep: 15 mins

Cook: 5 mins

1. Combine avocado and lettuce on a large platter and season to taste with salt and pepper.
2. Combine lime juice, paprika, 1 tablespoon olive oil and pepper in small bowl and set aside.

3. Heat remaining 1 tablespoon of olive oil in sauté pan over medium high heat.
4. Add shrimp to sauté pan searing on each side about 2 minutes; pour lime juice mixture over half way through the cooking.
5. Top avocado salad with cooked shrimp.
6. Use a spoon to drizzle any remaining lime juice sauce in pan over the salad. Serve immediately.

SAUTÉED SQUASH

\$1.90/SERVING EST

Ingredients and groceries scaled from original 1 serving

¼ cup olive oil

8 summer squashes thinly sliced

16 tablespoons pecans chopped

Prep: 5 mins

Cook: 15 mins

1. Heat oil in a pan over medium high heat. Add squash and cook, stirring occasionally, until tender and browned, 10-15 minutes.
2. Sprinkle with pecans.