

Shirataki Shrimp Wraps

Prep Time: 10 Min **Cook Time:** 5 Min **Total Time:** 15 Min
Serves 1

Ingredients

100g shrimp (or use pre-cooked shrimp)

Spices or a '0' calorie dressing to taste (I like Citrus Ginger)

Shirataki noodles

romaine or butter lettuce leaves

Instructions

- 1 Cook 100g shrimp (or use pre-cooked shrimp)
- 2 Add spices or a '0' calorie dressing to taste (I like Citrus Ginger)
- 3 Rinse Shirataki noodles thoroughly
- 4 Add shrimp & noodles to romaine or butter lettuce leaves
- 5 Wrap and enjoy!

Notes

Once you are in Phase 3, feel free to add other vegetables as shown in the picture (i.e. peppers, onions, celery).

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