Day 3, Meal 3: Post-Workout Meal: Shrimp Stir-Fry

**Ingredients**
Egg, 1 large
Shrimp, 3 oz.
Brown rice, cooked, 2/3 cup
Stir-fry vegetables, frozen, 1 cup
Soy sauce, to taste

**Directions**
1. Spray a skillet with nonfat cooking spray over medium heat.
2. Crack the egg in a bowl, and beat it with a whisk.
3. Cook the shrimp until no longer opaque, about 2 minutes per side.
4. Stir in the egg, veggies, rice, soy sauce.
5. Cook until the egg is fully cooked and all components are well-heated.

**Nutrition Facts**
Serving size: 1 meal
Recipe yields 1 meal

- Calories 351
- Fat 7 g
- Carbohydrates 40 g
- Protein 32 g