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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

