

# Keto Shrimp Avocado Salad

## Ingredients:

- 2 T. unsalted butter
- 2 cloves garlic, minced
- 1 lbs. shrimp, peeled and deveined
- ½ t. ground cumin
- Sea salt and black pepper, to taste
- 1 large avocados, diced
- 3 T. extra virgin olive oil
- 1½ T. fresh lime juice
- 2 T. fresh cilantro, chopped
- 4 c. baby arugula
- 8 grape tomatoes
- 24 large green olives
- 3 oz. walnuts
- 1 large lime, cut into 8 wedges

## Directions:

1. Add the butter and minced garlic to a large skillet and set over medium heat. Cook for one minute, stirring frequently.
2. Add the shrimp and the ground cumin to the skillet. Season with salt and black pepper, to taste, and stir to combine. Continue cooking for 2-3 minutes, or just until the shrimp changes color and starts to curl. Remove from heat and set aside.
3. Once cool, roughly chop the shrimp and transfer to a large bowl. Add the avocado, olive oil, lime juice, and fresh cilantro to the bowl. Season with salt and black pepper, to taste, and gently toss to combine.
4. Divide the baby arugula between four meal prep containers or serving plates. Add one-fourth of the avocado shrimp mixture to each container or plate. Evenly divide the green olives, walnuts, and lime wedges between each portion. Serve immediately or refrigerate for later. Enjoy!



**natural**  
awakenings

Prep time: 20 minutes

Cook time: 5 minutes

Serves: 4

Continue next page.....

# Keto Shrimp Avocado Salad

**natural**  
awakenings

## Macros - per serving\*

Calories: 450

Fat: 35.83g

Carbs: 10.34g

Net Carbs: 4.64g

Protein: 27.19g

\*Source: HappyForks.com

Nutritional information provided for entertainment purposes only and should not be construed as medical guidance or advice. All information is based solely on results provided by HappyForks.com and is not guaranteed to be accurate.

*"So long as you have  
food in your mouth,  
you have solved all  
questions for the time  
being."*

*~ Franz Kafka*

