

Ginger Shrimp & Vegetables

Shopping List:

Protein

- ☐ 1 ½ lb medium shrimp, peeled, deveined, and patted dry

Produce

- ☐ 3 carrots, thinly bias-sliced
- ☐ 3 cups broccoli florets
- ☐ 1 cup snow peas, trimmed
- ☐ 1 Tbsp fresh ginger, grated
- ☐ 2 cloves garlic, minced
- ☐ 1 orange (for juice + slices)
- ☐ Fresh cilantro (optional)

Pantry

- ☐ 2 Tbsp canola oil
- ☐ 2 Tbsp reduced-sodium soy sauce
- ☐ 1 Tbsp fish sauce
- ☐ ¼ tsp black pepper
- ☐ ¼ tsp crushed red pepper