

HGC BLOCK PLAN DAY 4

Breakfast: green smoothie (made with ½ banana + ½ cup frozen mango + 1 cup kale + ½ cup plain, low-fat Greek yogurt + ½ small avocado + ½ cup nonfat milk)

- IF you don't like smoothies- have a [Low- Fat Greek yogurt](#) and a [banana](#)

Morning snack: 1 [apple](#) + 1 oz [raw almonds](#)

Lunch: 3 oz tuna (canned) + 2 cups [mixed greens](#) + 1 cup [cherry tomatoes](#) & chopped [cucumber](#) + 1 tablespoon [vinaigrette](#)

Afternoon snack: 1 cup [broccoli](#) & [cauliflower](#) + 2 tablespoons [hummus](#)

Dinner: 8oz (1/2 lb) Pan Seared [Shrimp](#) + [Tomatoes](#) + [Feta](#) + Garlic + steamed [carrots](#) + [broccoli](#)

INGREDIENTS

8 ounces raw shrimp peeled, deveined, thawed if frozen
15 ounce can diced tomatoes
10 cloves garlic minced
1/2 cup feta cheese crumbled
[Olive oil](#)
1/4 teaspoon pepper
1/8 teaspoon cayenne
chopped fresh parsley leaves for garnish

Steam carrots and broccoli in separate appliance. When shrimp is cooked and ready to serve- place the shrimp on top of the steamed veggies!

INSTRUCTIONS

Combine shrimp, Olive Oil, and pepper in a bowl, stirring until the shrimp are well-coated. Drain the canned tomatoes of excess water then mix with your shrimp. Heat a pan over medium-high heat adding oil and garlic for a few minutes until hot.

Add in shrimp with tomato mixture to the hot pan. As you cook, turn the shrimp as they start to become pink. (About 1.5 minutes each side). After 3-4 minutes, Reduce heat to medium-low. Add cayenne to the pan and any other herbs you think may go well 😊. Let simmer for about 5 minutes to thicken the sauce a bit, stirring occasionally.

One your shrimp is ready- turn off the heat, and top with feta cheese and chopped parsley. Serve while hot.

1,383 TOTAL CALORIES FOR THE DAY

MAKES 1 SERVING

Nutrition Facts (per serving)

Calories 300
Protein 26 g
Total fat 7 g
Saturated fat 3 g
Carbs 14 g
Fiber 5 g
Total sugars 7 g
Added sugars 0 g
Sodium 344 mg