



ONE POT QUICK SHRIMP "LO-MEIN"

MACROS | SERVING SIZE
Protein 35g | Fat 19g | Carbs 55g

% CALORIES OF MACROS | SERVING SIZE
Calories 513 | Protein 26% | Fat 32% | Carbs 41%

NUTRIENTS | SERVING SIZE
Fiber 9g | Sodium 764mg | Sat. Fat 7g

INGREDIENTS (serves 4)

- 8 oz. whole-grain (wheat) spaghetti
- 12 oz. uncooked shrimp (heads removed)
- 12 oz. frozen broccoli, carrot and snap pea blend
- 1/3 cup sesame ginger blend salad dressing
- 4 oz. of shredded Gouda cheese

DIRECTIONS

Begin cooking wholegrain (wheat) spaghetti noodles according to directions. After the noodles have cooked for about 5 minutes, add the shrimp and frozen vegetables.

Bring mixture to a boil and cook until shrimp and vegetables are cooked and tender (about 6-8 minutes).

Drain mixture in a colander and return to the pot being sure the heat on the stove is off.

Gently mix in 1/3 cup of salad dressing.

Divide the "Lo-Mein" equally between 4 plates and then top the "Lo-Mein" with 2 oz. of shredded Gouda cheese.

NOTES

- This meal contains 1/3rd of the recommended daily limit for sodium per the Dietary Guidelines for Americans. Care should be taken to watch portion size and with remaining food choices for the day.

NUTRITION EDUCATION

Carbohydrates are not an enemy in building a healthy eating pattern or a toned body!!! Surprisingly though, there are diets that encourage severely limiting them to meet weight loss and body fat percentage goals. While it is true that limiting carbohydrates results in quick weight loss and the body will burn fat for its fuel, this may not be the best course of action for long-term weight maintenance, or for those wanting to build lean muscle mass. To function optimally, your body and brain need carbohydrates. A diet too low in carbohydrates may slow metabolism, which is the rate we burn energy and determines overall energy needs. The faster (or higher) our metabolism is, the easier it is to meet and maintain overall weight and body fat percentage goals, long-term. For long-term weight loss, it's important to build muscle so the body can burn fat on its own. Quite frankly, this is a brilliant and effective strategy!

It is extremely difficult and nearly impossible to build and maintain muscle mass while depriving the body of carbohydrates. For those wanting to see "gains" from their hard work in the gym and to grow bigger biceps, you need to fuel your body with carbohydrates. The more muscle your body has, the higher your metabolism is and the more calories you need. Being able to eat more, while still burning fat and getting "more defined" seems like the best choice in fueling the body optimally for the best workouts.

Try this strategy: Aim for most of your carbohydrate choices to be both vegetables and fruits and whole grains (whole wheat, oats, brown rice, quinoa, etc.). For those that are healthy with no medical conditions, a recommended macronutrient breakdown target would be to have the number of calories in the daily diet coming from carbohydrates be 40-45%, while those from fat be less than 30% (with most of the choices being from healthy fats) and 20-30% from protein. This meal takes a take-out favorite and makes it more nutrient dense by using whole wheat noodles, lean proteins, while loading it with a variety of produce!

DIETITIAN TIP

A healthy eating pattern recommends nutrient rich foods such as whole grains, legumes, and fruits and vegetables for sources of carbohydrates, key vitamins and minerals, and fiber.

