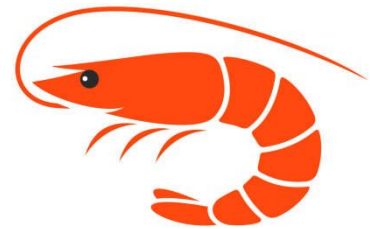


Garlic Butter Shrimp

Sports Nutrition - Cutting Phase

Ingredients:

- 8 Tablespoons Butter
- 1 1/2 lbs Peeled & Deveined Shrimp
- Salt
- 5 Cloves Garlic
- 1 Tablespoon Lemon Juice
- 1 Tablespoon Parsley
- 1 Tablespoon Dried Onion
- 1/2 Cup Water



Directions:

- Melt 2 tablespoons butter in a large skillet over medium high heat.
- Add shrimp and salt to taste
- Cook, stirring occasionally, until pink or thawed completely, set aside
- Add garlic to the skillet, and cook, stirring frequently, until fragrant, about 1 minute.
- Stir in water, onion and lemon juice.
- Bring to a boil; reduce heat and simmer until reduced by half, about 1-2 minutes.
- Stir in remaining 6 tablespoons butter, 1 tablespoon at a time, until melted and smooth
- Stir in shrimp and gently toss to combine.
- Serve immediately, garnished with parsley leaves, if desired.