



## Mango Protein Bowl

*Refreshing & Nutrient Dense*

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

### INGREDIENTS

- $\frac{1}{4}$  medium mango, diced
- $\frac{1}{2}$  cup cucumbers, sliced
- $\frac{1}{2}$  cup carrots, shredded
- $\frac{1}{4}$  cup shredded cabbage
- $\frac{1}{4}$  cup cherry tomatoes
- $\frac{1}{4}$  cup edamame
- 3 ounces shrimp
- $\frac{1}{2}$  cup brown rice

### DIRECTIONS:

1. Cook rice - time varies.
2. While the rice is cooking chop all raw ingredients.
3. Airy fry, grill or sauté shrimp for about 5 minutes.

**Why it's good:** Provides a balanced meal and a good source of protein and fiber.

### NUTRIENTS:

400–430 kcal, -30 gm protein, 50 gm carbs, 9 gm fiber, 6 gm fat