Garlic Shrimp Zucchini Noodles

A high-protein, low-carb dinner with tender shrimp and fresh zucchini noodles, perfect for weight loss and muscle maintenance.

Servings: 4 **Time:** 20 minutes

Ingredients

- 4 medium zucchinis, spiralized into noodles
- 1 lb large shrimp, peeled and deveined
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1/2 tsp crushed red pepper flakes
- 1/4 cup fresh parsley, chopped
- 1 tbsp lemon juice
- Salt and black pepper to taste
- 1/4 cup grated Parmesan cheese (optional)

Instructions

1. Heat 1 tablespoon olive oil in a large skillet over medium heat.
2. Add shrimp, season with salt, pepper, and red pepper flakes; cook until pink and opaque, about 3-4 minutes per side. Remove shrimp and set aside.
3. In the same skillet, add remaining olive oil and garlic; sauté for 1 minute until fragrant.
4. Add zucchini noodles and cook for 2-3 minutes until just tender but still crisp.
5. Return shrimp to the skillet, toss with zucchini noodles, and drizzle with lemon juice.
6. Remove from heat, sprinkle with fresh parsley and Parmesan cheese if using.
7. Serve immediately.

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