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[www.befitwithjenmorgan.com](http://www.befitwithjenmorgan.com)

[beFitwithjenmorgan@gmail.com](mailto:beFitwithjenmorgan@gmail.com)

@beFitwithjenmorgan



## Shrimp Fried Rice

1 Serving

540 Cal, 53g Carb, 19g Fat, 29g Pro

- 4 oz shrimp, chopped (I usually have precooked frozen shrimp in the freezer that I thaw)
- 100g frozen broccoli florets, thawed and chopped
- 1/2 cup rice (white or brown)
- 2 Tbs onion, chopped
- 1 large raw egg
- 1 Tbs sesame oil
- 1 Tbs low sodium soy sauce

Heat sesame oil in a large frying or stir-fry pan over medium heat. Add onion and cook until softened. Stir in rice, broccoli, and cooked shrimp. Stir to combine over medium heat until warmed through. Push rice mixture to one half of the pan. Add just a tad more oil if needed to the side of the pan that is free. Crack the egg into the pan on the free side and scramble. When egg is cooked, mix into rice mixture. Remove from heat. Mix in soy sauce. Serve in a large bowl. You can add in just a few tablespoons of chopped water chestnuts, baby corn, mushrooms, or bamboo shoots if you'd like to add minimal carbs.