

## LETTUCE WRAPS

Your choice of meats [Fish, Chicken, Shrimp]

 30 minutes

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### INGREDIENTS

- Lettuce Wraps
- Cut up onion, carrots, and mushrooms, with your choice of meat (fish, chicken, shrimp)
- Sauteed veggies with olive oil
- optional dipping sauce

### COOKING METHOD

- 1° Cut up all veggies Let your olive oil or grape seed oil get hot sauteed veggies and season to your liking (sea salt, pepper, ginger seasoning, garlic seasoning, onion seasoning) Cut up head of romaine lettuce Add veggies to open lettuce and make a optional dipping sauce

### NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	148 kcal	7 %
FAT	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	2 g	10 %
CHOLESTEROL	0 mg	0 %
SODIUM	616 mg	26 %
CARBOHYDRATE	6 g	2 %
SUGARS	1 g	—
FIBER	2 g	6 %
PROTEIN	2 g	—