

# Garlic Lemon Shrimp & Zucchini Noodles



## Ingredients:

- 2 cups Spiral zucchini
- 1 tbs Olive Oil
- 2 Fresh garlic cloves minced
- 10 oz shrimp
- 1 tomato diced
- 1 Lemon
- ½ cup chopped parsley
- Morton Lite Salt
- Black Pepper
- Jalapeño or Crushed Pepper(optional)

## Instructions:

1. Cut your zucchini into noodles with a spiralizer
2. Spray pan with Pam Original. Lightly brown minced garlic
3. Add the zucchini in the pan with salt and pepper. Turn the heat up to medium.
4. Toss and sauté for 4 minutes
5. Push the noodles to the side.
6. Add shrimp and squeeze half the lemon over the shrimp. Cook for 5-10 minutes.
7. Turn the heat off, squeeze the other half a lemon over the whole meal, and toss in the tomato, fresh parsley, and olive oil.
8. Place in a bowl and enjoy!

Makes 2 servings

# **Slim For Life For Children Regime And Recipes**

**Amy Hendel**



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***TV Transformations*** Tania Lewis,2013-09-13 The past decade has seen an explosion of lifestyle makeover TV shows Audiences around the world are being urged to renovate everything from their homes to their pets and children while lifestyle experts on TV now tell us what not to eat and what not to wear Makeover television and makeover culture is now ubiquitous and yet compared with reality TV shows like *Big Brother* and *Survivor* there has been relatively little critical attention paid to this format This exciting collection of essays written by leading media scholars from the UK US and Australia aims to reveal the reasons for the huge popularity and influence of the makeover show Written in a lively and accessible manner the essays brought together here will help readers make sense of makeover TV by offering a range of different approaches to understanding the

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**Childhood Obesity in America** Laura Dawes,2014-06-09 Obesity among American children has reached epidemic proportions Laura Dawes traces changes in diagnosis treatment and popular conceptions of the most serious health problem facing American children today and makes the case that understanding the cultural history of a disease is critical to developing effective public health policy , **The Library Journal** ,2000 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Metabolic Living* Harris Solomon,2016-04-15 The popular narrative of globesity posits that the adoption of Western diets is intensifying obesity and diabetes in the Global South and that disordered metabolisms are the embodied consequence of globalization and excess In *Metabolic Living* Harris Solomon recasts these narratives by examining how people in Mumbai India experience the porosity between food fat the body and the city Solomon contends that obesity and diabetes pose a problem of absorption between body and environment Drawing on ethnographic fieldwork carried out in Mumbai s home kitchens metabolic disorder clinics food companies markets and social services he details the absorption of everything from snack foods and mangoes to insulin stress and pollutants As these substances pass between the city and the body and blur the two domains the onset and treatment of metabolic illness raise questions about who has the power to decide what goes into bodies and when food means life Evoking metabolism as a condition of contemporary urban life and a vital political analytic Solomon illuminates the lived predicaments of obesity and diabetes and reorients our understanding of chronic illness in India and beyond *Library Journal* ,2000 **Acta Pædiatrica** ,1959 *Strategic Writing* Charles Marsh,David Guth,Bonnie Poovey Short,2009 Strategic Writing emphasizes the strategic goal oriented mission of high quality media writing with clear concise instructions for more than 40 types of documents relating to public relations advertising sales marketing and business communication Rich with numerous examples and a user friendly recipe approach Strategic Writing is ideal for teaching you to write successfully and strategically for various fields of business **Acta Paediatrica** ,1959 **Better Living Through Reality TV** Laurie Ouellette,James Hay,2008-01-29 Asserts that reality television is a cultural technology through which individuals and groups have come to monitor motivate improve transform and protect themselves in the name of freedom enterprise and personal responsibility *The Yoga Body Diet* Kristen Schultz Dollard,John Douillard,2010-04-13 A yoga body is the one you have now only healthier This book is your complete guide to how to get it And the benefits don t stop at your appearance At the end of 4 short weeks you ll feel better you ll think more

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