

Creamy Cajun Shrimp Zoodle Bowls

Printable grocery list · Serves 4

- ❑ Large shrimp, peeled and deveined (2 lbs)
- ❑ Zucchini (6 large, for spiralizing)
- ❑ Whipped cottage cheese, fat free (1.5 cups)
- ❑ Cajun seasoning
- ❑ Olive oil
- ❑ Garlic (2 cloves)
- ❑ Lemon juice
- ❑ Paprika
- ❑ Fresh or dried parsley
- ❑ Salt & pepper