



SPORTS NUTRITION RECIPES



Watermelon, Shrimp & Avocado Salad

By Breeze Brown, RD

What You'll Need:

- 1 Small red onion finely chopped
- 1 Large garlic clove crushed and diced
- 1 Small red chili diced
- 1 Lime juiced
- 1 Tbsp. rice or white wine vinegar
- 1 Tsp. caster sugar
- 1 Watermelon slice – deseeded and chopped
- 1 Avocado chopped
- Small bunch of coriander leaves chopped
- ½ lb. cooked large or medium shrimp or tiger prawns
- Feta Cheese
- Choice of additional veggies

Putting it together:

1. Place onion, garlic, chili, lime juice, vinegar, sugar and salt & pepper in a bowl. Cover and let marinate for 10 to 30 min.
2. Add watermelon, avocado, coriander, feta, additional veggies and shrimp and gently toss.
3. Plate and enjoy!