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Description

Dive into a refreshing explosion of textures with this vibrant Shrimp Avocado Cucumber Cocktail, where sweet, tender shrimp meets creamy, buttery avocado and crisp, refreshing cucumber. Tossed in a zesty lime and tomato dressing, every spoonful delivers a bright, satisfying crunch that feels like a mini vacation. It is a wonderfully light yet deeply satisfying dish that effortlessly supports high-protein and low-carb lifestyles without ever compromising on bold, mouthwatering flavor.

Can This Shrimp Avocado Cucumber Cocktail Support Weight Loss Goals?

Yes, this recipe is a fantastic choice for weight loss because it combines lean seafood protein with healthy monounsaturated fats from the avocado. High-protein foods like shrimp require more energy for your body to digest while promoting long-lasting satiety, helping you stay full longer. Additionally, keeping net carbs low prevents sharp blood sugar spikes, making it easier to manage overall daily calorie intake naturally.

Does Shrimp Avocado Cucumber Cocktail Fit a High Protein Lifestyle?

This vibrant cocktail is an exceptional fit for a high-protein lifestyle, packed with lean seafood goodness and very minimal net carbohydrates. By using fresh cooked shrimp as the star ingredient alongside fiber-rich cucumbers and avocados, it delivers a hefty dose of muscle-repairing amino acids. It serves as an ideal post-workout refresher or clean meal option that keeps your macros balanced, your energy elevated, and your taste buds completely satisfied.

My Personal Experience

- The Ultimate Summer Refreshment

  Tossing this together on a warm afternoon instantly cools you down with its crisp cucumber crunch and zesty lime kick.

- Effortless Meal Prep Success

  Pre-chopping the ingredients in advance makes assembling a protein-packed lunch feel lightning-fast and entirely stress-free.

Perfect For:

- Refreshing low-carb and keto diet plans that crave vibrant, no-cook seafood meals.
- Elegant high-protein snacks or light appetizers for summer dinner parties.
- Quick high-protein lunches that require zero stovetop cooking or heavy preparation.

Why You’ll Love This Recipe:

- Zero Cooking Required

  Using pre-cooked shrimp means you can whip up this stunning appetizer in just ten minutes flat.

- Luxurious Contrast of Textures

  The buttery smoothness of ripe avocado perfectly balances the snappy bite of shrimp and crunch of fresh cucumber.

Common Mistakes to Avoid:

1. Using Overripe or Mushy Avocados: Soft or bruised avocados will turn to mush when tossed, ruining the clean, chunky texture of the cocktail.

2. Over-Soaking the Shrimp in Lime Juice: Leaving the cooked shrimp in raw citrus juice for too long can make the delicate seafood rubbery and overly acidic.

3. Skipping the Seed Removal on Cucumbers: Failing to scoop out watery cucumber seeds introduces excess moisture, diluting the flavor of your dressing.

4. Undersalting the Mixture: Because vegetables like cucumber contain high water content, under-seasoning will leave the dish tasting flat instead of vibrant.

Required Equipment:

- Sharp Chef’s Knife: Ensures clean, uniform dicing of cucumbers and avocados for an appealing presentation.

- Mixing Bowl: Provides ample space to toss the shrimp and vegetables evenly without bruising the delicate avocado chunks.

- Citrus Squeezer: Extracts maximum fresh lime juice quickly while keeping seeds out of your dressing.

Storage Instructions:

Store leftovers in an airtight glass container in the refrigerator for up to 1 day; however, because avocado browns quickly, it is best enjoyed immediately. Freezing is not

recommended for this recipe, as thawing will cause the fresh cucumbers and avocados to turn watery and lose their crisp texture.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 0 minutes
- Total Time: 15 minutes
- Servings: 2
- Best Season for This Recipe: Summer
- Total Calories (Per Serving): ~240 kcal (approximate estimate)

Description

Delight in a cool, colorful, and protein-packed seafood medley. This 15-minute no-cook cocktail blends tender shrimp, creamy avocado, and crisp cucumber in a zesty tomato-lime dressing. It is the ultimate refreshing dish to elevate your healthy, high-protein routine.

 Ingredients:

- Cooked Shrimp: 8 oz, peeled, deveined, and cut into bite-sized pieces *(Note: ensure shrimp is fully thawed and patted dry)*
- Ripe Avocado: 1 medium, diced into small cubes
- English Cucumber: 1 cup, diced with seeds removed
- Roma Tomato: ½ cup, finely diced

- Fresh Cilantro: 2 tbsp, finely chopped
- Fresh Lime Juice: 3 tbsp (from about 2 limes)
- Ketchup or Tomato Paste: 1 tbsp *(Note: choose low-sugar varieties for strict low-carb goals)*
- Hot Sauce: 1 tsp *(Optional: for a subtle spicy kick)*
- Salt and Black Pepper: To taste

Directions:

1. Prep the Produce: Dice the cucumber, tomato, and avocado into uniform small cubes, and finely chop the fresh cilantro leaves.
2. Mix the Dressing: In a medium mixing bowl, whisk together the fresh lime juice, low-sugar ketchup, hot sauce, salt, and black pepper until smooth.
3. Combine Seafood and Veggies: Add the cooked shrimp pieces, diced cucumber, tomato, and cilantro into the dressing bowl and toss gently to coat.
4. Fold in Avocado: Gently fold in the diced avocado last to prevent it from mashing, ensuring beautiful, distinct chunks throughout the cocktail.
5. Chill & Serve: Divide the mixture into serving glasses or bowls, garnish with a sprig of fresh cilantro, and serve immediately for peak texture *(High protein tip: Pair with a side of hard-boiled egg whites or a clean protein shake for an extra macro boost).*

Nutrition Facts (Per Serving – Approximate):

- Calories: 240 kcal
- Fats: 12.5 g

- Cholesterol: 165 mg
- Sodium: 420 mg
- Potassium: 480 mg
- Total Carbohydrates: 10 g
- Fiber: 4 g
- Net Carbs: 6 g
- Sugars: 4 g
- Protein: 22 g
- Calcium: 65 mg

Notes:

- Storage Tips: Best consumed fresh within a few hours of preparation to keep the avocado bright green and firm.
- Reheating Instructions: This is a chilled raw dish and should never be reheated.
- Allergy Notes: Contains shellfish (shrimp); naturally gluten-free and dairy-free.
- Flavor Boosts: Add a pinch of smoked paprika or finely minced red onion for an extra layer of savory depth.