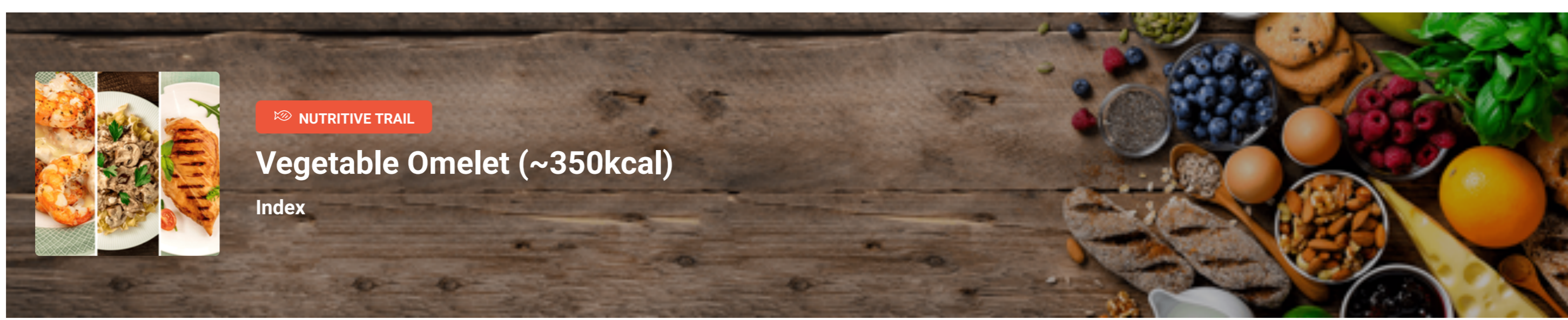


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Start: Jun 06, 2020
When: Today Only
Duration: 10 Minute(s)

Goal: this Nutritive Trail will improve the results of athletic training.
Description:

Published By:
Navitent Compass
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Summary: Vegetable omelet ~350kcal, 24gm fat, 7gm carb, 28gm protein.

Yield: 1 Omelet
Servings: 1
Prep Time: 5 Minute(s)

- Elements (4)**
- 3 Eggs
 - Olive Oil Spray
 - 1/4 US Cup(s) Shredded Cheddar Cheese
 - Unlimited Assorted Vegetables

STEP 1

Coarsely chop any amount of fresh vegetables (bell pepper, onions, tomato, spinach, etc.)

Techniques: **Chopping**

Response

Notes

Add notes here

STEP 2

Whisk eggs with fork in bowl, season with salt and pepper to your liking

Techniques: **Whisk**

Response

Notes

Add notes here

STEP 3

Spray skillet with olive oil so eggs do not stick

Techniques:

Response

Notes

Add notes here

STEP 4

Add eggs to a warm pan and spread out evenly

Techniques:

Response

Notes

Add notes here

STEP 5

After ~3 minutes (or once egg is firming on the bottom side) add vegetables and cheese

Techniques:

Response

Notes

Add notes here

STEP 6

Using a spatula (or 2) turn omelette to other side

Techniques:

Response

Notes

Add notes here

STEP 7

Cook until egg is no longer runny or raw

Techniques:

Response

Notes

Add notes here

STEP 8

Fold omelet in half and serve

Techniques:

Response

Notes

Add notes here

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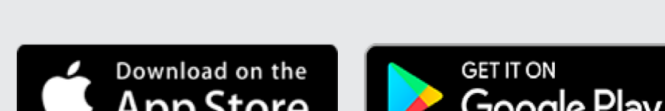
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