



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

TOP SECRET Veggie Omelette

3.7g NET Carbs (Low Carb Keto)

This Veggie Omelette is beyond delicious. extremely filling and loaded to taste. it includes 2 secret ingredients which will blow your taste buds away. Low Carb Keto recipe that will keep you on track with your weight loss journey.

INGREDIENTS

2 tbsp Butter
1 tbsp Red Onion
1 tbsp Carrot (Secret Ingredient)
3 tbsp Cabbage (Secret Ingredient)
1 tbsp Green Pepper
Parsley, black pepper and garlic powder, add to taste
2 Large Eggs
¼ cup Cheese of choice.

Instructions:

1. Dice all ingredients into small pieces.
2. Add 1 tbsp butter to sauce pan and all veggies. Sauté in sauce pan.
3. Add 2 Large eggs to mixing bowl and mix in herbs and spices then add saute mixture to eggs and stir until well blended.
4. Add omelette mixture back to the sauce pan. Cook until you see the edges are to cook then carefully turn omelette over. Make sure the bottom is fully cooked.
5. Once the omelette is turned over add cheese to the omelette. Let cook for a few minutes before folding the omelette in half. Add cheese to the top of the omelette.
6. Remove omelette from sauce pan and serve. Enjoy!



1 serving = CALORIES: 197.4 / TOTAL FAT: 13.7g \ CARBS: 5.6g \ NET CARBS: 3.7g \ FIBER: 1.9g \ PROTEIN: 1g
Total servings 1