

BREAKFAST

Country Omelet

Makes 2 servings · ½ omelet each

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 11 g · Fiber 2 g · Calories 110	

Ingredients

- 1–2 tsp olive oil (for the pan)
- ½ tsp garlic, minced
- ½ cup mushrooms, sliced
- 1 stalk green onion, chopped
- ½ cup shoestring carrots
- ¼ cup green pepper, chopped
- ¼ cup broccoli or asparagus tips, chopped
- 6 egg whites
- 2 Tbsp whole milk
- ¼ cup cheese (optional)

Directions

1. Heat the olive oil in a medium skillet; sauté the garlic and vegetables over medium-high heat until tender but still a bit crisp. Remove and set aside.
2. Whisk together the egg whites and milk; pour into the heated skillet.
3. When the clearness disappears, add the vegetables and fold one side over to form a half-circle.
4. Cook as needed on each side, then top with cheese.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Country Omelet

Makes 2 servings · ½ omelet each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ ½ tsp garlic
- ☐ 4 oz mushrooms (about ½ cup sliced)
- ☐ 1 stalk green onion
- ☐ 1 medium carrot (about ½ cup chopped)
- ☐ 1 green bell pepper (about ¼ cup chopped)
- ☐ 1 medium head broccoli (about 3½ cups chopped)

DAIRY & EGGS

- ☐ 6 egg whites
- ☐ 2 Tbsp whole milk
- ☐ ¼ cup cheese

CHECK YOUR PANTRY

- ☐ Olive oil