

Personal Veggie Frittata

 Ready in 15-25 minutes



Meal Type:
SNACK (PROTEIN/EGG)

Preparation Difficulty:
EASY

Program Phase:
ALL PHASES

Preparation Time:
PREP: 5-10 minutes
COOK: 10-15 minutes



INGREDIENTS (1 SERVING):

1 cup egg whites (female) OR 1 and 1/2 cups egg whites (male)

Salt & pepper to taste

Other spices of choice (ex: garlic powder, onion powder, chili, paprika etc.)

1 cup diced veggies of choice (ex: spinach, peppers, mushrooms, zucchini, tomatoes, broccoli, onion etc)

Natural cooking spray

1. Preheat the oven to 350 degrees.
2. In a bowl add egg whites and spices of choice. Whisk together well.
3. After spices and egg whites are combined, add the veggies of choice and mix.
4. Take a small baking dish and spray with cooking spray to coat the sides and bottom to prevent frittata from sticking.
5. Pour egg mixture into the baking dish and place in oven for about 10-15 mins until eggs are fully cooked.



TIP: MAKE IT A BREAKFAST BY MAKING IT WITH HALF THE VEGGIES AND 5 EGG WHITES AND 2 YOLKS (FEMALE) OR 7 EGG WHITES AND 2 YOLKS (MALE). ADD A PORTION OF FRUIT TOO SO NOW THE MEAL HAS A PROTEIN, FAT, AND FRUIT.

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