

Trim Healthy
W I S D O M

Omelet Bowl (E, S or XO)

Think of this as your open-faced Omelet Bowl... an egg-based layer of protein on the bottom of your bowl... ready and waiting to be topped with vibrant and delicious possibilities. This bowl can be breakfast, lunch, or dinner and you can make it in countless fashions. Don't just opt for S here... we're promoting the E and Crossover versions big time. This bowl is a fabulous way to enjoy an E breakfast if you have troublesome blood sugar in the morning with other carbs such as grains. The *Black Bean Spread* on top of the egg white protein is stabilizing to blood sugar, yet it provides healthy carbs and will help tamper down cortisol and better sensitize you to carbs in subsequent meals. See how you do with the black beans in the morning, then you can always add on a few more carbs as your body is ready... perhaps a few pre-cooked, diced, and baked sweet potato pieces – yummy!

Single Serve Recipe

Egg White Omelet Base for E, S, or XO

INGREDIENTS:

- [TH Nutritional Yeast](#) (just a sprinkle)
- ¾ - 1 cup carton of egg whites
- [TH Mineral Salt](#) (to taste)
- black pepper (to taste)

Whole Egg Omelet Base for S and XO

INGREDIENTS:

- 1 tsp butter or coconut oil
- 2 eggs
- ½ cup carton egg whites
- [TH Mineral Salt](#) (to taste)
- black pepper (to taste)

Open Faced Add-On Choices

- ½ cup *Black Bean Spread* for E or XO
- ⅛ avocado for E, ½ for S or XO (diced)



- small handful of diced, baked sweet potato for E or XO
- diced cilantro
- micro greens
- diced tomato
- 1 small chicken or turkey sausage link (diced)
- bacon bits
- sauteed non-starchy veg of any kind, such as mushrooms
- salsa or hot sauce to taste
- pickled red onion or pickled ginger
- jalapenos
- Kimchi or sauerkraut
- 2 Tbs goat or feta cheese for S or XO

INSTRUCTIONS:

1. Set a large, healthy-style, non-stick fry pan to medium heat. If making the egg white version, spray the pan lightly with olive or coconut oil cooking spray, then sprinkle a little bit of TH Nutritional Yeast onto the bottom of the pan (this gives the egg whites color and better taste.) When making the version using whole eggs, whisk together the whole eggs with the egg whites, then add the butter or coconut oil to the pan and allow to heat.
2. Pour the egg mixture into the pan. Sprinkle on a little mineral salt, black pepper, and some nutritional yeast. Cover the pan with a lid and allow the bottom of the egg mixture to cook for a couple of minutes. Once it is just golden (not too brown) and can be flipped, carefully flip the entire round egg protein base over and allow to cook for another couple of minutes until cooked through.
3. Place this omelet base into the bottom of your favorite salad bowl (we love using the Fable brand pasta bowl for this and for our salad bowls.)
4. If making as an E or XO, include the *Black Bean Spread*, and arrange it with your other desired add-ons however you see fit. If making as an S, arrange your add-ons in a way that pleases you.

Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are all well taken care of here with the egg/egg white base and you have a little more protein from the black beans if using.