

Trim Healthy
W I S D O M

Omelet Of Wisdom (Light S)

(P - A few years ago, I created this recipe as I headed into menopause and realized my body couldn't handle the same dense style of omelets that I used to eat for much of my THM journey. They sometimes included 3 whole eggs plus plentiful cheese plus generous butter to cook the omelet in. Those kinds of omelets worked fine before my hormones tanked, and I lost lean body mass... not so much after. Back when I created this recipe, though, I hadn't grasped this whole Level 3 Protein Nerd thing that we teach in our Wisdom book. So, while this omelet was far more appropriate density-wise for women in challenging pause seasons, it wasn't protein-appropriate. Well, now it is. Welcome my all-new "Omelet of Wisdom" to your life!

Now it perfectly fuels your lean body mass with a 3-gram leucine bolus and all the 25-30 grams of protein you need, but it is still density-appropriate. It is filling, it is large, and it is IN CHARGE! This is a Light S, and the tasty cheesy filling is a hack... it contains a little cheese but is mixed with Nutritional Yeast, hot sauce or salsa, and tomatoes, it feels like you're having a very cheesy filling indeed... but you're not. BTW... if you must be dairy-free, check the notes at the bottom of the recipe because I give you a way to do that. You can modulate your density here, too. You can go lighter using all egg whites if you are really CLBM challenged or go a bit more medium strong using the 1 egg or 2 egg options.)

Single Serving

INGREDIENTS:

- 1 cup liquid egg whites (or 1 egg plus $\frac{3}{4}$ whites or 2 eggs plus $\frac{1}{2}$ cup whites)
- [TH Mineral Salt](#) (to taste)
- black pepper (to taste)
- Good sprinkling [TH Nutritional Yeast](#)
- 1 Light Laughing Cow Cheese Wedge
- 2 Tbs cheese of choice (grated or crumbled)
- hot sauce or salsa (to taste)

Add-Ins:

- fresh tomato, diced (or canned diced tomatoes drained, any desired amount)



- fresh spinach (chopped, any desired amount)
- bacon bits (a light sprinkle or a small amount of diced Canadian bacon)

INSTRUCTIONS:

1. Pour the egg whites (or eggs and egg whites) into a small bowl, add a pinch of Mineral Salt and a light sprinkle of black pepper, and whisk.
2. Assemble your veggies on a paper plate to be ready to add to the omelet.
3. Set a large, healthy-style non-stick pan to medium heat. Spray it with olive oil, then sprinkle a little Nutritional Yeast all over the bottom of the pan.
4. Pour the egg mixture into the pan. Turn the heat down to medium/low.
5. Using a fork, take small pieces off of the Light Laughing Cow wedge and place them here and there on one side of the large round omelet. Add veggies to this same side of the omelet, plus another sprinkle of Mineral Salt, pepper, hot sauce, or salsa and another sprinkling of Nutritional Yeast. Keep all these add-ins to one side of the omelet.
6. Allow the underside of the omelet to cook for a couple more minutes, then carefully lift the side without all the add-ins up and fold it over the side with the add-ins. Now turn the heat to low, cover the pan, and let cook a few more minutes until the egg mixture is fully cooked through.

Protein Nerd Notes:

Your Level 3 Nerd protein requirements are fully covered here.

Other Notes:

A dairy-free cheese version can be used by subbing 1-2 Tbs Kite Hill cream cheese or sour cream in for the Light Laughing Cow Cheese and the other cheese that is called for.