



Fried Eggs and Tomatoes

Metabolic Reset Recipe

Serves: 1

Carbohydrates: 5 grams

Protein: 1 Portion

Ingredients:

2 eggs, (1 PRO, 1 CHO)

1 tablespoon butter

70 g tomato, two 35 g sliced rounds (3 CHO)

sea salt and black pepper to taste

dash of garlic powder

18 grams raw spinach (1 CHO)

1 tablespoon fresh basil, minced

Directions:

1. Melt the butter in a large nonstick skillet over medium heat. To one half of the skillet, place the two sliced tomato rounds. To the other side of the skillet, crack and add both the whole eggs to the pan. Season both the eggs and tomato with salt, pepper and garlic powder, to taste. Cover the skillet and reduce the heat to low.

2. After about two minutes, flip the tomato slices and cook for another 1-2 minutes. Add a small amount of water around the tomatoes if they are sticking to the pan. Once the eggs and tomato are cooked through, turn off the heat.

3. Place the raw spinach on a plate. Place the two tomato rounds on top of it, side-by-side. Place an egg on top of each tomato round and garnish with fresh basil.