



Salmon Scramble

Metabolic Reset Recipe

Serves: 1

Carbohydrates: 5 grams

Protein: 2 Serves

Ingredients:

1 teaspoon olive oil or butter

2 eggs (1 CHO)

60 g smoked salmon, chopped

40 g red onion, finely chopped (2 CHO)

1 teaspoon chopped fresh herbs (basil, dill, parsley)

40 g tomato, chopped (2 CHO)

Celtic sea salt & black pepper to taste

Directions:

1. In a bowl, whisk together eggs. Stir in salmon, onion, and herbs.
2. Heat a small skillet over medium-low flame, add oil. Add egg mixture, and cook while gently stirring.
3. Serve with chopped tomato, sea salt, and cracked black pepper to taste.