

Asparagus Omelet

servings per recipe: 1

1 serving counts as 1 protein, 1 vegetable, 1 milk (optional)

Great for vegetarians too!

Ingredients

- 1 whole egg + the whites of 3 more eggs
- 100 grams of grilled asparagus*
- 1 tbsp milk (optional)
- basil
- thyme
- sea salt
- Sweetener of your choice (stevia or xylitol)



Directions

Heat a non-stick frying pan. In small bowl mix beat eggs, milk, basil, thyme and sweetener together and pour in heated pan.

While mixture is cooking quickly mix together grilled asparagus and sea salt. Once eggs are bubbled a bit, spread the asparagus out over eggs and wait until crab is heated (or you can warm crab meat in separate pan or microwave for about 20 seconds). Place on plate and roll up like a crepe or fold over and ENJOY!

**You can substitute 100 grams of tomato, onion or spinach for asparagus or any hCG diet approved vegetable in your omelet.*

