

Lunch Keto

SPINACH AND CHEESE OMELET and CHERRY TOMATOES

\$2.86/SERVING EST



Ingredients and groceries scaled from original 1 serving

1/3 cup olive oil

5 cups spinach chopped

10 eggs beaten

1 ¼ cups cheddar shredded

5 pinches oregano

2 ½ avocados sliced

Prep: 5 mins Cook: 15 mins

1. Heat half the oil in a pan over medium heat. Add spinach and cook until wilted. Remove from pan and set aside.
2. Heat remaining oil over medium heat. Add in the beaten eggs and tilt the pan so the eggs evenly cover the bottom of the pan. Cook until eggs are almost set, about 2 minutes.

3. Sprinkle cheese and oregano over the eggs and add the spinach to one side. Using a spatula, fold the opposite edge of the omelet over the spinach and gently press down.
4. Turn off the heat and slide the omelet onto a plate. Top with avocado slices.

CHERRY TOMATOES

\$1.57/SERVING EST

Ingredients and groceries scaled from original 1 serving

5 cups cherry tomatoes