

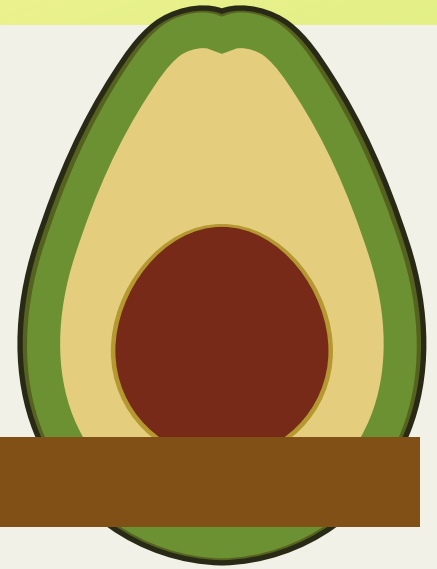


Pizza Frittata

Prep Time

TOTAL TIME: 40 MIN

- Prep: 10 min
- Cook: 30 min



Directions

1. In an oven-safe pan, saute olive oil and onions until soft.
2. Add spinach and saute 5 min more.
3. In a bowl, mix eggs, pepperoni and mozzarella. Pour this in pan and distribute ingredients evenly.
4. Lower heat and allow to cook until bottom pulls away from pan a little.
5. Then put pan in the broiler and cook until the top is bubbly and brown.
6. You can add a bit more mozzarella and a thin layer of pizza sauce.

Ingredients

PREHEAT OVEN:

- Turn on oven broiler

MEASURE THESE OUT:

- 8 eggs, scrambled
- 2 oz mini pepperoni
- 30 oz spinach, chopped & thawed
- 1 small onion, chopped
- 1 cup mozzarella
- olive oil
- pizza sauce (lowest carb you can find)

MAKES 8 SLICES

8 g total carb
 15 g fat
 15 g protein
 239 kcal

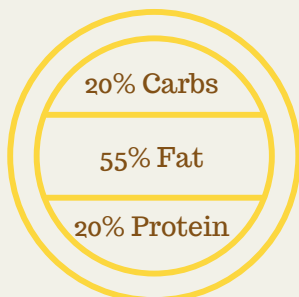
For these diets:

*healthy weight plan (low carb food plan), ketogenic diet, *low-FODMAP (if consuming cheese)

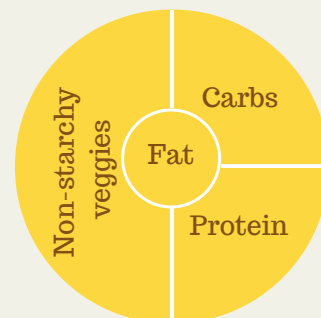
Daily Macro Plan

IDEAL MEAL PLAN GOALS FOR LOW CARB, HIGHER FAT, MODERATE PROTEIN

Your whole day should fall somewhere in these ranges- keep track with CarbManager



Each plate should be balanced close to this chart to help you stay full



*Diets sold by nutrition uprising