

TOP FLAT BELLY RECIPES

Fast & Easy Food In A Flash...

Green Energy PLUS Omelette.

2 free range organic eggs

1 cup of green veggies (I used; spinach, asparagus and spring onion)

3 button mushrooms

1/2-1 sheet of ROASTED SEAWEED.

Pinch of mixed dried herbs (or fresh like coriander or oregano even better!)

Pinch of smoked paprika or chili

Chop all veggies (seaweed is easier to chop if you wet it first) then mix all ingredients together.

=> this can be done the night before for speed in the morning.

Heat 1/2 teaspoon of Coconut oil in a frypan & then lightly wipe off again with paper towel. (or just use the coconut oil spray)

Cook omelette with lid on pan till first side golden – turn – repeat on second side with lid removed.

=> check out more fast and easy fat loss fuel here: