

Breakfast

Cheese, Vegetable Egg Cakes

Ingredients:

Grated low-fat Mozzarella cheese

(first week: 150g cheese = 33g protein), 90g = 20g.

1 whole egg = 10g protein
1 cup vegetable mixture:
finely shredded English spinach, mushrooms and onion
1 clove garlic, crushed
½ tsp. oregano
cracked pepper to taste
fresh chopped parsley and chives
Olive Oil cooking spray

Method:

- Mix the vegetables with oregano, garlic, pepper, egg and Mozzarella cheese
- Spray coat non-stick frypan and egg rings with Olive oil cooking spray
- Heat pan with egg rings spread apart and place some of the mixture into each ring
- Sprinkling on top with parsley and chives
- Cook on slow heat until mixture is nearly done
- Then transfer pan to preheated griller and grill until golden brown (keep handle of pan outside of griller)
- When ready, take off egg rings and serve
(Can be eaten hot or cold)