

SHOPPING LIST

- 3 Eggs
- 2 Tbsp Onion (diced)
- 2 Tbsp Peppers (diced)
- 2 Tbsp Ham (diced)
- 1 Tbsp Cheese
- Salt and Pepper



FEED THE MASS

MICROWAVE OMELETTE

SERVES 1

LETS START COOKING

1. Scramble egg in a microwave safe bowl.
2. Add ingredients and microwave for 2 minutes.
3. If still runny add more time in 30 sec increments.



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