



Recipes #4

5)

Classic Sun-dried Tomato Tuna Omelet

2 whole Eggs

1 tsp Olive Oil

10g. Sun-Dried Tomatoes

100g. White Tuna (canned)

1/2 Whole Grain Bread (25g)

10g. Red Pepper Flakes

Pro 41g carb 22g fats 16g 396kcal