

BREAKFAST STAPLE MEAL 1

eggs, tomatoes, spinach

VERSION 1

Scrambled eggs with
roasted tomatoes and
spinach

HOW TO

Toss staple spices into olive oil in a sauté pan on medium heat. Add chopped tomatoes and spinach. Once softened, scramble in eggs. Serve with salt and pepper.

VERSION 2

Omelet with filling of
roasted tomatoes
and spinach

HOW TO

Toss staple spices into olive oil in a sauté pan on medium heat. Add chopped tomatoes and spinach. Once softened, Transfer onto a plate. Pour whisked eggs onto same pan on low heat. Layer on mixture. Fold over and serve.

VERSION 3

Tortilla roll with egg,
tomato, and spinach

HOW TO

Toss staple spices into olive oil in a sauté pan on medium heat. Add chopped tomatoes and spinach. Once softened, pour in whisked eggs. Lay a tortilla on top and let sit for 2 minutes. Flip over and then roll up to serve.