

Breakfast: Avocado and Spinach Omelet

Ingredients:

- 8 large eggs
- 2 ripe avocados, sliced
- 1 cup fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. Beat the eggs in a bowl and add salt and pepper to taste.
2. Heat 1 tablespoon of olive oil in a non-stick pan over medium heat.
3. Pour half of the beaten eggs into the pan and cook until the edges start to set.
4. Add half of the spinach, avocado slices, and feta cheese to one-half of the omelet.
5. Fold the omelet in half and cook for another 2-3 minutes.
6. Repeat with the remaining ingredients to make the second omelet.
7. Serve hot.

Macros (per serving):

- Calories: 320
- Fat: 26g
- Protein: 14g
- Carbs: 6g
- Fiber: 4g
- Net Carbs: 2g