



EGG WRAPS

(updated)

By Dr. Cindy Tanzar

(Standard Plan, Ovo (egg)-vegetarian, Maintenance options)

Egg Wraps are very easy to make. Use one egg to make each wrap, so that it is easier to handle in the pan. Then you are able to add other proteins for variety – like uncured turkey or chicken sausage, uncured turkey bacon, Applegate Farms or Boar's Head sliced deli turkey or other protein you have on hand. If you are on maintenance, organic or conventional cheese can also be a great option. One meal is roughly 20g of protein for 3 oz. (one egg is 6g or 1 oz), so add 2 oz more of protein. Add sliced avocado or mayo for a fat serving; or sliced tomato, peppers, cucumber, onion & lettuce/spinach or sautéed veggies, as well.

Makes 1 serving. Covers 1 ounce of protein.



INGREDIENTS

1 pastured egg (for one wrap)

Coconut oil or Kerry Gold butter

Pink Himalayan salt & freshly-ground pepper, to taste



INSTRUCTIONS

Whisk the egg in a bowl until egg yolk and whites are well-blended. On medium-high heat, place enough oil in a non-stick, ceramic pan to coat the bottom. Pour egg mixture into the pan, rotating the pan to allow the mixture to spread evenly into a thin layer. The thinner, the better.

After one side is cooked, flip the egg over, cooking just until done. Remove the egg wrap and place on a plate or rack to cool for a cold wrap or fill it warm. Place your choice of fillings and roll up.

You can always make a couple of wraps for the week ahead and store covered in the refrigerator.

OTHER OPTIONS:

- Sprinkle with shredded cheese and mushrooms or sautéed veggies, then roll (maintenance)
- Add herbs (dill) to beaten egg. Cool and spread with cream cheese and smoked salmon, then roll. (maintenance)
- Chopped spinach and cream cheese (maintenance)
- Fill with egg salad and lettuce
- Add cinnamon and stevia drops to beaten egg, cook, then spread with cream cheese and add berries
- Options are endless!