



Swimsuit-Ready in 20 Days: Breakfast Recipes

The Cowboy Omelet

2 medium sweet potatoes

1 cup egg whites

5 cups sliced button mushrooms

1 ounce Canadian bacon, cut into thin strips

1 cup shredded nonfat cheddar cheese

1 teaspoon chili powder

½ teaspoon garlic powder

Salt and cracked black pepper to taste

Cooking oil spray

1 pinch ground cinnamon

1. Microwave the sweet potatoes for 3 minutes each. Peel potatoes and set aside.
2. Whisk together the egg whites, chili powder, garlic powder, salt, and pepper. Coat a nonstick skillet with cooking spray and heat the skillet. Add the mushrooms and cook until most of it is evaporated. Add the Canadian bacon and cheddar cheese. Cover and cook until the cheese is melted.

To serve: Cut the sweet potatoes into cubes and gently toss with cinnamon, salt, pepper. Cut the omelet in half and serve with sweet potatoes.

Servings: 2