

# Egg Omelet

## Ingredients

1 packet Medifast Scrambled Eggs

4 oz water

Veggies of your choice – mushrooms, bell peppers, jalapenos, tomatoes

Whatever spices you like... Basil, Chives, Marjoram, Oregano, Thyme, Tarragon, Turmeric, Black Pepper

## Method

Sauté vegetables in a little olive oil. Mix up your scrambled eggs and pour in pan. Remove when done. You can even top it with salsa.