EGG WHITE, MUSHROOM, AND SPINACH OMELET  
  
PHASE 2  
Serves 1  
1 tablespoon chopped onion  
1 tablespoon chopped shallot  
1 tablespoon minced garlic  
½ cup chopped fresh spinach  
⅓ cup chopped fresh mushrooms  
3 egg whites (or ½ cup egg whites)  
Pinch of sea salt  
Heat the onion, shallot, and garlic in a nonstick skillet until soft. Stir in the spinach and mushrooms, cooking until the spinach wilts. Mix in the egg whites and scramble. Allow the eggs to cook until desired consistency. Sprinkle with sea salt before serving.”  
  
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