



KIM LEV FIT

HEALTHY RECIPE GUIDE



bon appétit

See me? I'll let you know
the recipe's dietary
restrictions information!

Need to spice up your diet? Tired of the same basic meals? This Healthy Recipe Guide is sure to broaden your kitchen arsenal with unique, delicious, and nutritious meal ideas.

In this guide, you'll find twelve breakfast, lunch, and dinner recipes perfect to use whether you're starting or continuing your fitness journey! A shopping list with all of the ingredients for each recipe is included to make your grocery run quick and easy.

Whether you've been wanting yummy breakfast ideas, trying to mix up your office lunches, or needing a quick healthy dinner for the whole family, this recipe guide is sure to please!

key



contains dairy



gluten-free



contains shellfish



vegetarian



egg white scramble

with veggies

the breakdown



servings: 1



cook time: 12 minutes

ingredients

- 4 egg whites
- ¼ cup of mushrooms, sliced
- 1 cup of fresh spinach
- sea salt & black pepper to taste

the recipe

- 1 Preheat a small skillet and spray with non-stick cooking spray.
- 2 Sauté sliced mushrooms, then add in the fresh spinach until fully cooked.
- 3 Add in your egg whites and season with salt and pepper.
- 4 Cook eggs to your own liking and ENJOY!