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### **FitMenCook's Breakfast Omelet Roll-Ups**

**Ingredients:**

- 1 whole egg
- 4 egg whites
- 3 oz lean ground turkey
- 1 handful spinach
- 1/3 cup bell pepper
- 1 oz goat cheese

**Directions:**

1. Season and cook lean ground turkey in skillet, drain.
2. In a separate skillet, cook whole egg and egg whites.
3. Add goat cheese, spinach, bell peppers, and ground turkey.
4. Roll mixture and wrap in plastic wrap.
5. Refrigerate, and heat up when ready to eat.

**Tip:** I recommend prepping no more than three of these at a time so they can be as fresh as possible. These are perfect for bodybuilders or people following strict diets where the portions must be exact.