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Day 3, Meal 1: Breakfast: Muffin-Tin Turkey and Cheese Frittatas

Ingredients:

Low-fat ground turkey, 3/4 lb.
Chili powder, 1-1/2 tsp
Garlic powder, 1 tsp
Salt, to taste
Black pepper, to taste
Bell peppers, diced, 1/2 cup
Low-fat cheese, shredded, 1/2 cup
Eggs, 4 large
Egg whites, 8 large
Skim milk, 1/4 cup

Directions:

1. Preheat oven to 350 degrees F.
2. Heat a skillet over medium heat. Cook the ground turkey until no pink remains. Add salt, pepper, chili, and garlic powder during the cooking process.
3. Meanwhile, in a separate skillet heated over medium heat, cook the onion and peppers until soft and tender (about 3 minutes).
4. Spray a muffin tin with nonfat cooking spray.
5. Combine the whole eggs, egg whites, and milk in a separate bowl. Season with salt, pepper, chili, and garlic powder to taste.
6. Place ground turkey in each well, followed by an even distribution of egg mixture. Top each frittata with cheese.
7. Bake for 20 minutes, or until the egg is fully cooked.

Nutrition Facts:

Serving size: 1 frittata
Recipe yields 6 servings

Calories:167

Fat: 7 g
Carbs: 4 g
Protein: 22 g