



ZUCCHINI, ONION & COTTAGE CHEESE FRITTATA					
INGREDIENT	QUANTITY	CALS	PROT. (g)	CARBS (g)	FATS (g)
EGGS	Extra large, 1 dozen	974	79.2	7.2	67
ONIONS	1, medium sized	60	1	16	0
ZUCCHINI	4 large	215	15.7	45.2	4
1% COTTAGE CHEESE	500g	440	60	28	6
OLIVE OIL	1 tbsp	120	0	0	13.5
BATCH TOTAL CALS & MACROS		CALS	PROT. (g)	CARBS (g)	FATS (g)
		1809	155.9	96.4	90.5
PER SERVING TOTAL CALS & MACROS	#OF SERVINGS	CALS	PROT. (g)	CARBS (g)	FATS (g)
	4	452.25	38.98	24.10	22.63
	5	361.80	31.18	19.28	18.10
	6	301.50	25.98	16.07	15.08
MACRO RATIO			34%	21%	45%

INSTRUCTIONS

TIP: TO LOWER THE FAT CONTENT, ONLY USE THE YOLKS FROM HALF THE EGGS

VEGETABLE PREP: CUT ONION IN HALF, AND SLICE EACH HALF INTO THIN SLICES. SLICE ZUCCHINI INTO THIN ROUND DISCS
 OR GRATE INTO A BOWL USING YOUR GRATER'S LARGER HOLES

TIP: USE SMALLER SIZED PORTIONS (5-6) AS PRE/POST WORKOUT SNACKS, OR ACCOMPANY WITH A SIDE SALAD TO MAKE IT A MEAL

EGG PREP: CRACK EGGS INTO A LARGE BOWL, SEASON WITH SALT & PEPPER, ADD A SPLASH OF WATER. USING A WHISK, BEAT EGGS WELL UNTIL YOLKS AND WHITES ARE FULLY INCORPORATED. ADD IN THE COTTAGE CHEESE AND MIX TO COMBINE

TIP: THIS RECIPE ALSO WORKS WITH RICOTTA OR GOAT CHEESE - BUT WATCH THE FAT!

COOK: HEAT OLIVE OIL IN A LARGE, DEEP, NON-STICK SKILLET ON MED-HIGH HEAT. ADD ONIONS AND SAUTEE UNTIL TRANSLUCENT, SEASON LIGHTLY WITH SALT & PEPPER. ADD ZUCHINI TO PAN AND SAUTEE FOR A FEW MINUTES TO DRAW OUT SOME OF THE MOISTURE. TURN HEAT DOWN TO MED-LOW, SPREAD ZUCCHINI/ONION MIXTURE EVENLY AROUND THE PAN, THEN POUR IN EGG/COTTAGE CHEESE MIXTURE. COVER AND LET SIT ON MED-LOW HEAT FOR 15-20 MIN. IF TOP REQUIRES FURTHER COOKING AT THE END, PLACE UNDER THE BROILER FOR 2-5 MINUTES - CHECKING REGULARLY SO IT DOESN'T BURN