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APRIL OF 09

Live your
life
to the
fullest !!



WELCOME

I hoping to send these out on a regular basis. Be nice to yourself !

Spinach and Tomato Omelet

- Cooking Spray
- 1 large plum tomato
- 5 large egg whites
- 1 cup loosely packed baby spinach leaves (washed, dried and chopped).
- Half teaspoon fresh Thyme

Preheat to 400F. Spray skillet with cooking spray. Dice tomatoes and dry. Whisk egg whites, add vegetables and pour into pan. Bake for 15 minutes until golden brown.



Thought for the month:

Exercise at least 5 times a week this month to be ready for Spring and Summer. 3x-weights, 2x's-cardio (Walking counts if it is at least 30 minutes continuous and a brisk pace.)