

# John's Macro Manager and Meal Planner

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## Bacon Omelette

Makes 255 gram(s)



A simple meal that can be prepared in under 5 minutes

### Bacon Omelette ingredients

50 gram(s) Bacon, breakfast rasher, baked, roasted or fried, no added fat

0.5 cup(s) Cheese, Australian Tasty Cheddar, Shredded (Coles)

140 gram(s) Egg, chicken, whole, fried, no fat added

15 gram(s) Ghee - Puresoul (Costco)

1 Tablespoon(s) MCT Oil - Melrose Going Faster

## How to make Bacon Omelette

**Step 1:** Cut the bacon up into bite-size pieces.

**Step 2:** Cook the bacon in medium heat pan with the ghee.

**Step 3:** Add the eggs, and the MCT Oil to a bowl.

**Step 4:** Beat the eggs and oil until the mix is uniform.

**Step 5:** When the bacon is cooked, but not crispy, pour the egg over the bacon in the pan.

**Step 6:** When the egg is cooked on the bottom, sprinkle the cheese on to half of the omelette and fold the other half of the omelette on top.

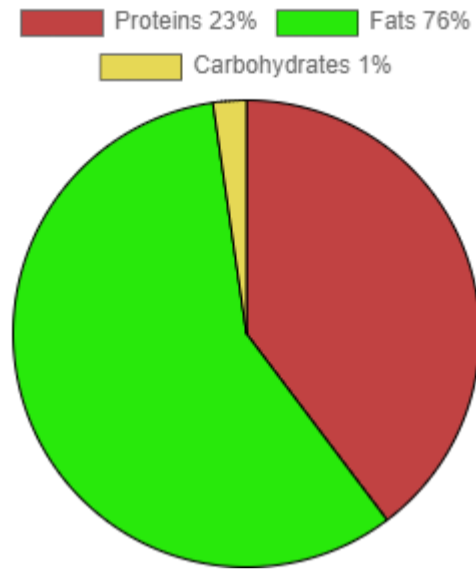
**Step 7:** When all of the egg is cooked, remove the omelette from the pan with an egg flip.

**Step 8:** Plate, add salt to taste, and enjoy!

Nutrition Facts		
Bacon Omelette		
Amount Per Serving		
Calories	795.97 41%*	614.34
% Daily Value*		
Total Fat	68.26g	45%
Total Carbohydrates	2.71g	6%
Protein	46.74g	48%

\* Percent Daily Values are based on the goals you've set and should not be taken as a recommendation.

### Macronutrient Ratio



1.2M    448.6K    111.7K

June 10, 2019 Posted by **John Byrne** In : [Mains](#)