Dylan's High Protein Omelet Tortilla Wrap

Single Serving Ingredients

4 large eggs
1 tablespoon almond milk (or milk of choice)
1 whole wheat burrito-sized tortilla
1/2 cup spinach
1/2 cup mixed greens
3/4 cup cottage cheese
1/4 cup pickled onions
Sriracha (or sauce of your choice)
Salt, pepper, garlic powder, and everything bagel seasoning

Instructions

1. Crack 4 eggs into a bowl. Add the almond milk, salt, pepper, garlic powder, and everything bagel seasoning. Scramble it all together until well combined.
2. Get a nonstick pan nice and hot over medium heat.
3. Pour the egg mixture into the pan and let it sit undisturbed for about 3 to 4 minutes, letting the bottom set like an omelet.
4. While the eggs are cooking, place your whole wheat burrito tortilla in the air fryer at 285°F for 3 minutes to get it warm and slightly crispy.
5. Go back to your eggs. On one half of the omelet, add the spinach, mixed greens, cottage cheese, and pickled onions.
6. Let the toppings sit for about 30 seconds to 1 minute, then use a spatula to fold the empty half of the omelet over the side with the toppings.
7. Flip the entire folded omelet over and let it cook for another 1 to 2 minutes.
8. Place the omelet on top of your warm tortilla.
9. Drizzle on sriracha or any sauce of your choice.
10. Cut it in half, serve, and enjoy.
11. To meal prep: make multiple wraps, store them in the fridge, and reheat throughout the week.

Macros per serving (entire recipe)

Calories: ~553 kcal
Protein: ~50g
Carbs: ~51g
Fat: ~27g

Meal Prep Tip

This recipe is great to batch out for the week. I have been cranking this during my entire bodybuilding prep. Simply multiply the ingredients by however many wraps you want, assemble

each one, wrap tightly in foil or plastic wrap, and store in the fridge. Reheat in the air fryer or microwave when ready to eat.

If you want easy, high protein, convenient meals for fat loss or building muscle, that's exactly what I offer with my new coaching app, Kolak Performance. If you're interested in looking into that, you can apply using the link below.
https://www.kolakperformance.app/