



12033 Tecumseh, Rd. E Unit#1 Windsor, ON N8N 1M1
(519) 956-7959 info@soleraholistichealth.ca
www.soleraholistichealth.ca

EGG

Apple Pancake

Ingredients (for 1 serving)

1 Portion egg
1 Apple
1 Shot/1 Tbsp of soda water
Salt, Vanilla, Cinnamon



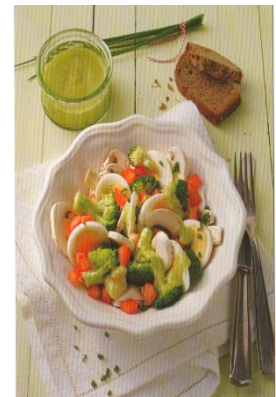
Preparation:

1. Beat egg with soda water. Season it with salt and some vanilla.
2. Wash apple, remove the core and grate the flesh.
3. Heat nonstick pan cook the grated apple briefly. Spread it. Add the whisked egg in and spread over the apple as to make a pancake.
4. Sprinkle Apple Pancakes with cinnamon before serving. Enjoy it for breakfast.

Eggs and Broccoli Salad

Ingredients (for 1 serving)

1 serving of egg
1 serving of vegetables (mushrooms, 1/2 tomato, broccoli, avocado)
1 serving of Mango
Salt, pepper
Organic apple cider vinegar
1 Spring onion greens



Preparation:

1. Boil egg in vinegar water for 10 minutes.
2. Clean mushrooms and cut into slices. Dice the tomato. Clean broccoli, divide into florets, blanch in salted water and drain.
3. For the dressing, peel the mango, loosen the flesh from the core and chop. Loosen the flesh of the avocado out of the shell. Puree the mango and avocado together. Season the puree with salt, pepper and vinegar. If the dressing is too thick, thin with a little water.
4. For the salad, peel the eggs and cut into slices. Mix egg slices with the vegetables and pour the dressing. Sprinkle with spring onion greens.

Tip: If you cook eggs in vinegar and water, they do not burst.



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Eggs in Spinach Nest

Ingredients (for 1 serving)

2 Eggs (protein portion)
1 Tbsp. onions
Spinach
Salt, Pepper, Nutmeg



Preparation:

1. Wash and chop spinach.
2. Using little water, fry onion. Add chopped spinach to it. Steam, until soft. Spice with salt, pepper and nutmeg.
3. Using a spoon, make a small pit into the middle of the spinach.
4. Let raw eggs (w/o shell) slowly slide into the pit.
5. Cover pan with a lid keep simmering until eggs are cooked.

Tip: You can also bake this dish. Layer a baking tray with baking paper. Put the cooked spinach and make a nest. Pour the raw eggs into the centre. Slide tray into the pre heated oven. Bake at 200⁰ C for about 15 minutes.

2 Eggs Omelet

Ingredients (for 1 serving)

2 whole eggs
½ tsp salt
1tbsp water
Canola oil (only after phase 2)
Sliced vegetable mushrooms
Fresh spinach leaves
1tsp grated garlic



Preparation:

1. Whip first three ingredients together in a bowl. Set aside.
2. Put small amount of canola oil in skillet and spread to coat skillet with paper towel (oil is not allowed on phase 2. Use small amount of water.)
3. Lightly saute sliced mushrooms, spinach leaves and grated garlic.
4. Remove vegetables from pan before they are overcooked.
5. Wipe pan carefully with paper towel to recoat the skillet. Allow to heat before introducing egg mixture. When egg cooks half-way through, flip eggs. Place vegetable mixture over one half of cooked eggs and flip second half to cover egg/vegetable mix. Serve immediately with rye crispy crackers and a serving of fruit.

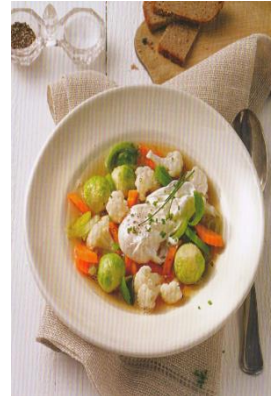


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Vegetable Soup with Poached Egg

Ingredients (for 1 serving)

- 1 tbsp. vinegar
- 1 serving egg
- 1 Serving of veggies (cauliflower, cabbage, leek, carrot)
- 350 ml vegetable stock
- Salt, pepper
- 1 tbsp. chopped spring onion green



Preparation:

1. In a pot heat 1 liter of water with vinegar to about 70° C, i.e. the water should start to sparkle.
2. Crack an egg into a small cup, then place the cup near the surface of hot water and gently slide the egg into the water. With a spoon nudge the egg white closer to its yolk. This will help the egg whites hold together.
3. Turn off the heat. Cover. Let sit for 4 minutes, until the egg whites are cooked.
4. Lift the egg out of the pan with a slotted spoon.
5. Wash vegetables, clean and chop. Cook in the broth (vegetable stock) and season with salt and pepper. Add the poached egg to the vegetables and let it go for another 2 minutes.
6. Before serving sprinkle some spring onion greens.

Tip: Vegetables serving may include cabbage, pumpkin, parsnips and broccoli – if it matches with your food list.