



# Western Racquet Club Fitness Center

## Hours of operation:

Monday through Saturday: 5am to 10pm  
Sunday: 5am to 6pm

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# Get Fit Recipe July, 2018



## Eggs in Clouds

It's important to avoid traditional breakfast foods that are filled with carbs, grains and sugar, and to instead stick with protein-rich recipes like the one for Eggs in Clouds below. A wholesome breakfast kick-starts your metabolism and helps you to burn more calories throughout the day. These flavor-rich, fluffed, and baked eggs are great for delivering big nutrition in a fun package. The nutritional yeast adds nutty, cheesy flavor, making it the substitute for dairy cheese. Recipe courtesy of [RealHealthyRecipes.com](http://RealHealthyRecipes.com)

### What You Need

Serves 4

- 4 eggs
- 2 tablespoons nutritional yeast
- ¼ cup scallion, minced
- ¼ cup bacon, cooked and minced
- sea salt
- black pepper

### Instructions

1. Preheat the oven to 450°F. Line a baking sheet with parchment paper and set aside.
2. Separate the egg whites from the egg yolks, placing the whites in the bowl of an electric mixer fitted with the whisk attachment and the yolks in individual ramekins, being careful not to break the yolks.
3. Whip the egg whites until stiff peaks form, about 3 minutes. Gently fold in the nutritional yeast, scallion, and

bacon.

4. Spoon the egg white mixture onto the prepared baking sheet in 4 mounds. Use the spoon to create a well in the center of each mound, then bake for 3 minutes. Remove the pan from the oven and add a yolk to the center of each mound. Return to the oven for 3 minutes, until the yolk has set. Season with sea salt and black pepper.

**Nutrition:** One serving equals 101 calories, 7g fat, 229mg sodium, 1g carbs, 1g fiber, 9g protein

I hope that you get a chance to give this recipe a try this week. Remember that I'm only a call or email away to assist you in all things fitness. And if you are not yet one of my prized clients then call or email me now to set up your first workout – I'd love to help you achieve your best body ever!

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