

01/01/10 - Happy New Year

HAPPY NEW YEAR 2010

I sincerely hope you all have a successful, productive, healthy, and happy new year 2010. Start the year off right with this great breakfast. This meal has lots of flavor but fewer calories.

Breakfast potatoes sautéed in olive oil



Egg white frittata with mushroom, onion, and green chili

Whole grain toast

Fresh fruit salad



Coffee, espresso, or cappuccino

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