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Metabolic Cooking Pizza Omelette

*Click here to read my [Metabolic Cooking Review & Bonuses](#)

Today I got a review copy of a new set of cookbooks from David Ruel "The Muscle Cook". He's now releasing Metabolic Cooking with his girlfriend the "Lean Kitchen Queen".

So today I tested out one of the breakfast recipes - the pizza omelette. It turned out to be pretty good. It's got eggs, mozzarella cheese, parmesan cheese, pizza sauce, green peppers & it's cooked on olive oil.

There are a bunch more recipes I plan on trying out before the product is released & I'll let you know how they turn out.

I posted a video on youtube showing my omelette. Here it is:

[youtube=http://www.youtube.com/watch?v=2wefp8tEwFg]

Let me know what you think and stay tuned as I'll be putting together some bonuses if you grab Metabolic Cooking through my affiliate link (and I might be giving away a few copies as well!).

Shawn Horwood

P.S. I'll try to do a recipe from each of the cookbooks to give you a sample of what's inside.

You can also find this article published on [Metabolic Cooking Pizza Omelette](#), and on the tag pages [david ruel](#) , [lean kitchen queen](#), [metabolic cooking](#), [metabolic cooking cookbooks](#).