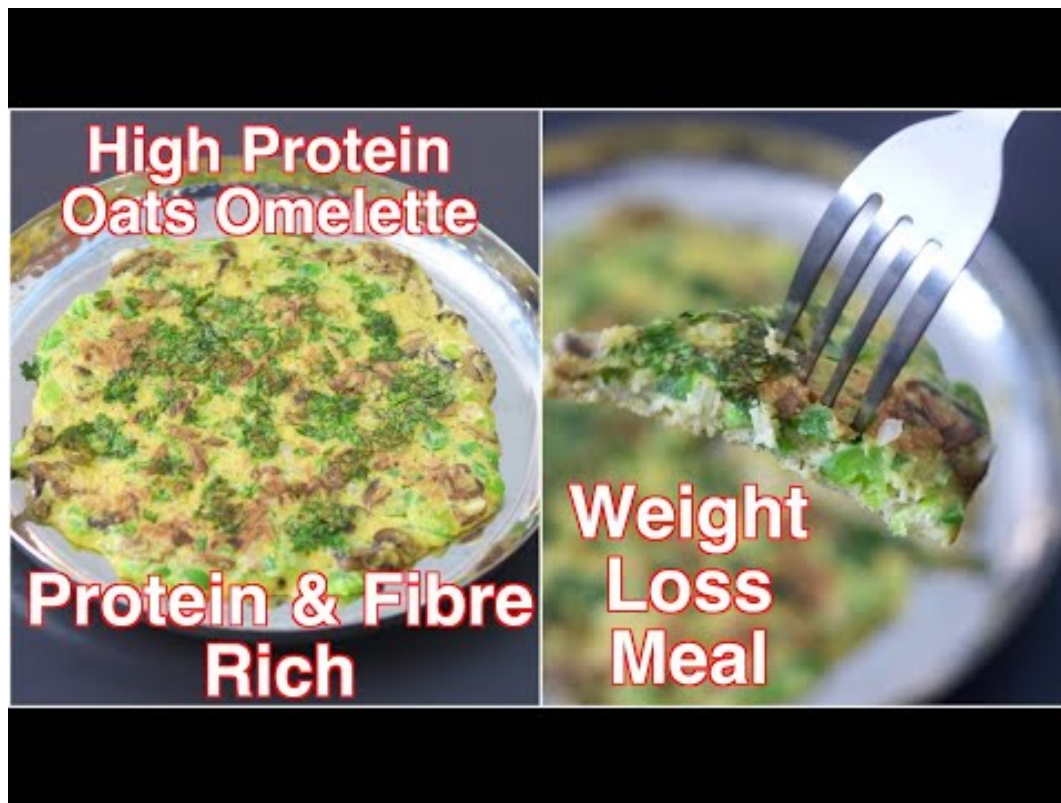


# Metformin als Unterstützung beim Abnehmen: Vor- und Nachteile

[Click here to get "Keto Gummies" from the official website \(Special Discount Code Applied\)](#)

[Shark Tank Video Of Keto Gummies. HIGH PROTEIN Oats Omelette For WEIGHT LOSS - Healthy Breakfast-Dinner Recipe -Instant Oats Egg Omlet](#)



[instant oats omlet recipe](#), [high protein oats omelette](#) is a quick and a healthy recipe for a wholesome breakfast. [oats recipes for weight loss](#), [made with oats](#), [eggs](#), [egg whites](#), [vegetables](#). A high protein complete meal to enjoy on those busy days. Oats egg Omelette recipe for weight loss Ingredients: 3 tbsp cup rolled oats 1 whole egg + 2 egg whites pink salt as needed, pink himalayan salt as needed, 1/2 tsp black pepper powder, splash of water, capsicum, green chilies, onion, 3-4 mushrooms, coriander leaves, wood pressed/cold pressed oils as needed Buy utensils, kitchen accessories and appliances used in this video here - AMAZON SHOP - <https://www.amazon.in/shop/nisahomey100> ----- Things I Love To Use: Rolled Oats: <https://amzn.to/2Iy3ben> wood pressed coconut oil <https://amzn.to/3PeGEVg> Mixie: <https://amzn.to/2DoN704> Chutney grinder: <https://amzn.to/3fzHxF6> Organic Jaggery: <https://amzn.to/39uNsKt> Organic Crushed jaggery: <https://amzn.to/39wIPk1> Turmeric powder: <https://amzn.to/32hJiDY> Desi Ghee: <https://amzn.to/2JuV70g> Apple Cider Vinegar: <https://amzn.to/30w0VvA> Khapli Wheat Flour (emmer wheat): <https://amzn.to/2JyBHAX> Moringa Powder: <https://amzn.to/3lmKEa8> Ragi Flour: <https://amzn.to/2Yb74M8> Jowar Flour: <https://amzn.to/2V6a5fw> Coconut Sugar: <https://amzn.to/2JetngW> Buy Dark Chocolate: <https://amzn.to/2CibUz7> Small Cast Iron Kadai: <https://amzn.to/2JqxtSo> Large Cast Iron Kadai: <https://amzn.to/2CW0vVk> Small Cast Iron Tadka Pan: <https://amzn.to/2Rys5NT> Stainless Steel Deep Pan: <https://amzn.to/2G1U9rk> Stainless Steel Wide Pan: <https://amzn.to/2Be5el7> My Dosa Tawa: <https://amzn.to/2JhOjRK> Big cast iron pan (10 inch): <https://goo.gl/gBBrxS> Small cast iron pan (8 inch): <https://goo.gl/zAbABf> Deep Dish Cast Iron Pan: <https://amzn.to/2K7zH5T> Cast Iron Grill Pan: <https://amzn.to/2BfcWvr> My Stone Grinder: <https://amzn.to/2HKWLvA> The Blender I Use: <https://amzn.to/2QoVk5f> Chia Seeds: <https://amzn.to/2IA26CQ> My OTG Oven: <https://amzn.to/3BD8Evu> \*\*\*\*\* [âœ“, âœ“, Eat Healthy, Stay Humble! âœ“, âœ“, Follow Nisa Homey on your favorite Social Media channels: âœ“, INSTAGRAM âœ“, https://www.instagram.com/nisahomey/ âœ“, Facebook âœ“](#);

<https://www.facebook.com/nisahomeyrecipes/> , Twitter : <https://twitter.com/nisahomey> Malayalam Channel: <https://goo.gl/6J7sCt> English Channel: <https://goo.gl/XFDvaQ> \*\*\*\*\* Hi! I am Nisa Homey and I live in Kerala. Welcome to Skinny Recipes - YouTube's first Indian Healthy Cooking Channel. With over 25 years of experience in Indian cooking and baking, I started Skinny Recipes in March 2016 where I share healthy and nutrient dense recipes for weight loss and weight management with easily available ingredients. With my healthy recipes you can cook better & more often at home. I do not use refined products in my recipes. Whether you are a beginner in cooking or an experienced cook or looking for healthy recipes; Skinny Recipes will help in cooking food in the traditional and healthy way. The recipes are healthy, easy to make, nutrient dense, and made with locally available ingredients. Join me and change your lifestyle with my recipes & tips. New videos every Tuesday, Thursday, & Saturday \*\*\*\*\* DISCLAIMER: This is not a sponsored video and this product was bought with my own money. \*\*\*\*\* Copyright (c): [nisahomey.com](https://www.nisahomey.com), this recipe is developed and first published by Nisa Homey Thanks for watching and donâ€™t forget to LIKE, SHARE & COMMENT!! XoXo Nisa DISCLAIMER: Do not have this drink if you are allergic to any of the ingredients or have any kidney disease or on a blood thinning medication. Pregnant and lactating women should consult their health practitioner before trying out natural home remedies or any remedies in this channel. Those with celiac disease should avoid gluten (wheat, barley, oats, rye etc along with processed foods like cakes, biscuits, cookies etc made with the mentioned grains). This video is only intended for an informational purpose. Readers are subjected to use this information on their own risk. This channel doesnâ€™t take any responsibility for any harm, side-effects, illness or any health or skin care problems caused due to the use of our content or anything related to this.. The content is offered on an informational basis only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of a qualified health provider before making any adjustment to a medication or treatment you are currently using, and/or starting any new medication or treatment. All recommendations are â€œgenerally informationalâ€ and not specifically applicable to any individualâ€™s medical problems, concerns and/or needs. All the content published on this channel is our own creative work and is protected under copyright law. Â©Nisa Homey ALL RIGHTS RESERVED FYI: This video contains affiliate links, which means I may receive a commission for purchases made through my links.

## HIGH PROTEIN Oats Omelette For WEIGHT LOSS - Healthy Breakfast-Dinner Re...

