



	Mon	Tue	Wed
Breakfast	 Cinnamon & Banana Protein Oatmeal	 Strawberry Tahini Smoothie	 Savory French Toast with Eggs
Snack 1	 Peanut Butter & Blueberry Chia Oats	 Chocolate Almond Butter Smoothie Bowl	 Air Fryer Breakfast Burrito
Lunch	 Banana Oat Protein Pancakes	 Savory Egg & Beef Oats	 Egg & Feta Hashbrowns
Snack 2	 Orange Creamsicle Overnight Oats	 Tempeh & Sweet Potato Hash	
Dinner	 Creamy Apple Pie Protein Oatmeal	 Steak & Sweet Potato Egg Muffins	
Snack 3	 Citrus Cauliflower Porridge	 Bagel with Bacon & Eggs	

### Mon

Fat  30%  
Carbs  46%  
Protein  24%

### Tue

Fat  45%  
Carbs  32%  
Protein  23%

### Wed

Fat  57%  
Carbs  28%  
Protein  15%

Calories	3305	Calories	3431	Calories	1732
Fat	113g	Fat	174g	Fat	109g
Carbs	399g	Carbs	286g	Carbs	123g
Fiber	62g	Fiber	52g	Fiber	17g
Sugar	164g	Sugar	93g	Sugar	17g
Protein	204g	Protein	199g	Protein	63g
Cholesterol	81mg	Cholesterol	1187mg	Cholesterol	1035mg
Sodium	1258mg	Sodium	2532mg	Sodium	2506mg
Vitamin A	3583IU	Vitamin A	36077IU	Vitamin A	3354IU
Vitamin C	189mg	Vitamin C	270mg	Vitamin C	27mg
Calcium	2955mg	Calcium	2108mg	Calcium	616mg
Iron	23mg	Iron	34mg	Iron	11mg

**Fruits**

- 1/2 Apple
- 1/2 Avocado
- 3 Banana
- 1 1/2 cups Blackberries
- 1/2 Blood Orange
- 1 cup Blueberries
- 1 Navel Orange
- 2 tbsps Pomegranate Seeds
- 1/4 cup Raspberries

**Breakfast**

- 2 2/3 tbsps All Natural Peanut Butter
- 1 tbsp Almond Butter
- 2 tbsps Granola
- 1/2 cup Maple Syrup

**Seeds, Nuts & Spices**

- 1/4 cup Chia Seeds
- 2/3 tsp Cinnamon
- 1 1/2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/2 tsp Paprika
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 3/4 cup Cauliflower Rice
- 1/4 cup Frozen Cauliflower
- 1 cup Frozen Strawberries
- 128 grams Hashbrowns

**Vegetables**

- 1/4 cup Arugula
- 1 stalk Green Onion
- 1/3 cup Kale Leaves
- 2 2/3 tbsps Mushrooms
- 1 1/2 tbsps Parsley
- 4 leaves Romaine
- 3 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1/2 Zucchini

**Boxed & Canned**

- 1 1/4 cups Lite Coconut Milk

**Baking**

- 1/2 tsp Baking Powder
- 2 tbsps Cacao Powder
- 2 tbsps Nutritional Yeast
- 1/2 cup Oat Flour
- 2 1/3 cups Oats
- 1 tsp Orange Extract
- 2 tbsps Raw Honey
- 1/2 tsp Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 2 slices Bacon
- 1 slice Bacon, Cooked
- 1 Bagel
- 28 grams Cheddar Cheese
- 151 grams Extra Lean Ground Beef
- 2 tbsps Feta Cheese
- 100 grams Sourdough Bread
- 227 grams Tempeh
- 454 grams Top Sirloin Steak
- 1 Whole Wheat Tortilla

**Condiments & Oils**

- 2 grams Avocado Oil Spray
- 1/4 cup Coconut Aminos
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Hot Sauce
- 1 tsp Tahini

**Cold**

- 19 Egg
- 1 tbsp Ghee
- 1 1/2 cups Oat Milk
- 2 cups Plain Greek Yogurt
- 1 2/3 cups Soy Milk
- 1 2/3 cups Unsweetened Almond Milk
- 3 tbsps Whipping Cream

**Other**

- 1/4 cup Chocolate Protein Powder
- 31 grams Collagen Powder
- 3/4 cup Vanilla Protein Powder
- 1 tbsp Water



## Cinnamon & Banana Protein Oatmeal

1 serving  
15 minutes

### Ingredients

- 1 cup Soy Milk
- 1/2 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1 Banana (sliced)

### Nutrition

Amount per serving	
Calories	505
Fat	12g
Carbs	69g
Fiber	9g
Sugar	24g
Protein	35g
Cholesterol	4mg
Sodium	157mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	451mg
Iron	4mg

### Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 1 1/4 cups.

**No Soy Milk:** Use other milk alternative.



## Strawberry Tahini Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Oat Milk
- 1 cup Frozen Strawberries
- 1/2 Banana (frozen)
- 10 grams Collagen Powder
- 3 tbsps Hemp Seeds
- 4 leaves Romaine (washed, torn)
- 1 tsp Tahini

### Nutrition

Amount per serving	
Calories	558
Fat	26g
Carbs	65g
Fiber	13g
Sugar	30g
Protein	26g
Cholesterol	0mg
Sodium	192mg
Vitamin A	9899IU
Vitamin C	101mg
Calcium	649mg
Iron	6mg

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Collagen Powder:** Omit or use protein powder instead.

**Make it Vegan:** Omit the collagen powder.

**No Oat Milk:** Use another dairy-free milk instead.



## Savory French Toast with Eggs

1 serving  
20 minutes

### Ingredients

- 1 Egg (large)
- 3 tbsps Whipping Cream
- 1 stalk Green Onion (chopped)
- 1/16 tsp Sea Salt
- 100 grams Sourdough Bread (sliced)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup
- 1 tsp Hot Sauce
- 1 1/2 tpsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	590
Fat	28g
Carbs	64g
Fiber	2g
Sugar	14g
Protein	17g
Cholesterol	237mg
Sodium	828mg
Vitamin A	1572IU
Vitamin C	7mg
Calcium	87mg
Iron	4mg

### Directions

- 1 Whisk the eggs, cream, green onions, and salt together in a large shallow bowl. Add the sliced bread and soak it to ensure it absorbs most of the egg mixture.
- 2 Meanwhile, heat the oil in a large pan over medium heat.
- 3 Add the bread to the pan and cook for two to three minutes on each side until a light brown crust forms. When the bread is cooked, set it aside in the oven to keep it warm.
- 4 Add the remaining egg mixture to the same pan and scramble until the eggs are cooked to your liking.
- 5 Mix the maple syrup and hot sauce together.
- 6 Divide the french toast and scrambled eggs evenly between plates. Top with the hot maple syrup mixture and parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for two days.

**Serving Size:** One serving is two pieces of bread with eggs.

**Additional Toppings:** Smoked salmon, chopped dill, and/or creme fraiche.

**Gluten-Free:** Use gluten-free bread.

**Dairy-Free:** Use coconut cream instead of heavy cream.



## Peanut Butter & Blueberry Chia Oats

1 serving

8 hours

### Ingredients

- 2 2/3 tbsps All Natural Peanut Butter (divided)
- 1 1/2 tbsps Maple Syrup (divided)
- 2/3 cup Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 1 1/2 tsps Chia Seeds
- 1 cup Blueberries

### Nutrition

Amount per serving	
Calories	619
Fat	29g
Carbs	82g
Fiber	12g
Sugar	38g
Protein	18g
Cholesterol	0mg
Sodium	116mg
Vitamin A	392IU
Vitamin C	14mg
Calcium	402mg
Iron	4mg

### Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least three hours or overnight.
- 3 To prepare the blueberries, add them to a bowl with the remaining maple syrup. Stir to coat the blueberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened blueberries (and their juices) and remaining peanut butter. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately one cup.

**No Peanut Butter:** Use almond butter, cashew butter, or sunflower seed butter instead.



## Chocolate Almond Butter Smoothie Bowl

1 serving  
5 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

### Nutrition

Amount per serving	
Calories	558
Fat	24g
Carbs	59g
Fiber	20g
Sugar	22g
Protein	33g
Cholesterol	4mg
Sodium	225mg
Vitamin A	788IU
Vitamin C	50mg
Calcium	764mg
Iron	6mg

### Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

**More Flavor:** Add cinnamon to your smoothie base.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.

**No Smoothie Bowl:** Drink as a regular smoothie instead.

**Smoothie Consistency:** For a creamier texture, use a frozen banana.



## Air Fryer Breakfast Burrito

1 serving  
15 minutes

### Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 2 grams Avocado Oil Spray
- 1 Whole Wheat Tortilla (large)
- 1 slice Bacon, Cooked
- 28 grams Cheddar Cheese (shredded)
- 1/2 Avocado
- 1/2 tsp Hot Sauce (optional)

### Nutrition

Amount per serving	
Calories	590
Fat	41g
Carbs	29g
Fiber	11g
Sugar	2g
Protein	28g
Cholesterol	409mg
Sodium	820mg
Vitamin A	1044IU
Vitamin C	10mg
Calcium	370mg
Iron	4mg

### Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Crack the eggs into a bowl and whisk well. Season with salt and pepper.
- 3 Heat a skillet over medium-low heat and spray with oil to coat. Once the skillet is hot, add the eggs to the pan and stir continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency. Remove from the heat.
- 4 Lay the tortilla on a flat surface and add the bacon. Then add the eggs, cheese, avocado, and hot sauce (if using). Roll tightly, tucking in all sides, and place in the air fryer, seam side down. Spray with oil.
- 5 Cook for eight minutes, flipping halfway through, until lightly browned and crispy on both sides. Remove and let cool slightly before cutting in half. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh while still crispy. Can refrigerate for up to two days and reheat in the oven or in a pan.

**Serving Size:** One serving is one burrito.

**Gluten-Free:** Use a gluten-free tortilla.

**Dairy-Free:** Use dairy-free cheese.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Banana Oat Protein Pancakes

1 serving  
15 minutes

### Ingredients

- 1/2 cup Oat Flour
- 1/3 cup Vanilla Protein Powder
- 1/2 tsp Baking Powder
- 1 1/2 tsps Ground Flax Seed
- 1/16 tsp Sea Salt
- 1/2 Banana (medium, mashed)
- 2/3 cup Soy Milk
- 3/4 tsp Extra Virgin Olive Oil
- 1 1/2 tsps Maple Syrup (optional)

### Nutrition

Amount per serving	
Calories	549
Fat	12g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Cholesterol	5mg
Sodium	515mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	523mg
Iron	4mg

### Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

**Serving Size:** One serving is approximately three pancakes.

**Soy-Free:** Use oat milk instead.

**Additional Toppings:** Serve with berries, yogurt, and/or nut butter.



## Savory Egg & Beef Oats

1 serving  
20 minutes

### Ingredients

- 1/2 cup Oats (rolled)
- 1/2 tsp Extra Virgin Olive Oil
- 151 grams Extra Lean Ground Beef
- 2 2/3 tbsps Mushrooms (sliced)
- 1/3 cup Kale Leaves (chopped)
- 1 Egg
- 2 tsps Nutritional Yeast

### Nutrition

Amount per serving	
Calories	540
Fat	25g
Carbs	31g
Fiber	6g
Sugar	1g
Protein	46g
Cholesterol	284mg
Sodium	194mg
Vitamin A	628IU
Vitamin C	7mg
Calcium	89mg
Iron	7mg

### Directions

- 1 Cook the oats according to package directions.
- 2 Heat the oil in a pan over medium heat. Add the beef and break it up as it cooks. Cook for seven to 10 minutes or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 3 Add the mushrooms and kale to the beef. Crack the eggs over the mixture and stir to combine. Cook for five minutes, or until the mushrooms are soft. Stir often to ensure the eggs are cooked through.
- 4 Divide the oats and beef mixture evenly between bowls and top with the nutritional yeast. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately three cups.

**More Flavor:** Add sea salt, pepper, garlic, onions and/or chilli flakes.

**Additional Toppings:** Top with sliced cherry tomatoes and/or avocado.



## Egg & Feta Hashbrowns

1 serving  
10 minutes

### Ingredients

128 grams Hashbrowns  
2 tsps Extra Virgin Olive Oil  
2 Egg (whisked)  
1/4 cup Arugula  
2 tbsps Feta Cheese (crumbled)  
1 tsp Hemp Seeds  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	552
Fat	40g
Carbs	30g
Fiber	4g
Sugar	1g
Protein	18g
Cholesterol	389mg
Sodium	858mg
Vitamin A	738IU
Vitamin C	10mg
Calcium	159mg
Iron	3mg

### Directions

- 1 Cook the hashbrowns according to the package directions.
- 2 Meanwhile, heat the oil in a pan on medium-high heat. Add in the whisked eggs, and with a spatula, stir for three to five minutes, or until the eggs are cooked through. Remove from heat.
- 3 To assemble: Evenly distribute arugula onto the hashbrowns. Top with scrambled eggs, crumbled feta, and hemp seeds. Season with salt and pepper to taste. Enjoy!

### Notes

**Leftovers:** This is best enjoyed immediately after making.

**Serving Size:** One serving is equal to two loaded hashbrowns.

**Hashbrowns:** One hashbrown is approximately 64 grams or 2 1/4 ounces.

**Dairy-Free:** Use a dairy-free cheese.

**Additional Toppings:** Top with thinly sliced radishes or alfalfa sprouts for a pop of fresh flavor.



## Orange Creamsicle Overnight Oats

1 serving

8 hours

### Ingredients

- 1/3 cup Oats
- 1 cup Plain Greek Yogurt
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1 Navel Orange (peeled and chopped)
- 2 tps Raw Honey
- 1/2 tsp Vanilla Extract
- 1 tsp Orange Extract (optional)

### Nutrition

Amount per serving	
Calories	551
Fat	17g
Carbs	62g
Fiber	7g
Sugar	29g
Protein	43g
Cholesterol	36mg
Sodium	163mg
Vitamin A	1598IU
Vitamin C	98mg
Calcium	645mg
Iron	4mg

### Directions

1

Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to approximately 1 3/4 cups.

**Make it Vegan:** Use plant-based protein powder and dairy-free yogurt.

**More Flavor:** Use vanilla or orange yogurt.



## Tempeh & Sweet Potato Hash

2 servings  
40 minutes

### Ingredients

227 grams Tempeh (cubed)  
1/4 cup Coconut Aminos  
2 tbsps Maple Syrup  
1/2 tsp Paprika  
2 tbsps Extra Virgin Olive Oil (divided)  
2 Sweet Potato (medium, cubed)  
1/2 Yellow Bell Pepper (chopped)  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Blackberries

### Nutrition

Amount per serving	
Calories	591
Fat	27g
Carbs	68g
Fiber	10g
Sugar	29g
Protein	27g
Cholesterol	0mg
Sodium	627mg
Vitamin A	19050IU
Vitamin C	111mg
Calcium	223mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Place the tempeh in a shallow bowl.
- 2 In a small bowl, whisk together the coconut aminos, maple syrup, paprika, and half of the oil. Pour the marinade over the tempeh and let it sit for five minutes.
- 3 Arrange the tempeh into a single layer on one side of the baking sheet. Reserve the marinade for later. Add the potatoes and bell pepper to the other side and toss them with the remaining oil, salt, and pepper.
- 4 Bake for 15 minutes. Flip the tempeh, then pour the remaining marinade onto the tempeh. Place back into the oven for another 10 to 15 minutes. Remove the tempeh and set aside. Return the potatoes and bell pepper to the oven as needed until they are crispy and cooked through.
- 5 Divide the tempeh, potatoes, bell pepper, and blackberries between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add garlic and herbs to the potatoes and bell pepper.



## Creamy Apple Pie Protein Oatmeal

1 serving  
20 minutes

### Ingredients

- 1/2 Apple (diced small)
- 1 tbsp Water
- 1 tbsp Maple Syrup (plus more for garnish)
- 1/2 tsp Cinnamon (plus more for garnish)
- 1/2 cup Oats (rolled)
- 2 tbsps Vanilla Protein Powder
- 1 cup Plain Greek Yogurt
- 1 tbsp Hemp Seeds

### Nutrition

Amount per serving	
Calories	535
Fat	13g
Carbs	68g
Fiber	8g
Sugar	28g
Protein	40g
Cholesterol	36mg
Sodium	166mg
Vitamin A	1304IU
Vitamin C	19mg
Calcium	625mg
Iron	4mg

### Directions

- 1 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 2 Cook the oats according to the package directions.
- 3 Stir the protein powder into the yogurt.
- 4 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

**Serving Size:** One serving is approximately two cups.

**Additional Toppings:** Cinnamon, chia seeds, ground flax seeds, nuts.



## Steak & Sweet Potato Egg Muffins

4 servings  
45 minutes

### Ingredients

- 2 tps Extra Virgin Olive Oil
- 454 grams Top Sirloin Steak
- 12 Egg (whisked)
- 1 Sweet Potato (medium, chopped into small cubes)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	505
Fat	33g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	42g
Cholesterol	646mg
Sodium	289mg
Vitamin A	5421IU
Vitamin C	1mg
Calcium	122mg
Iron	5mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with paper liners or use a silicone tray.
- 2 Heat the oil in a pan over medium heat. Add the steak and cook for five minutes on each side, or until desired doneness. Slice into small pieces.
- 3 Add the eggs, steak, sweet potato, salt, and pepper to a bowl. Stir to combine. Divide the mixture evenly between muffin cups.
- 4 Bake in the oven for 30 minutes, or until they have risen and started to brown on the top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to three months.

**Serving Size:** One serving is equal to three egg muffins.

**More Flavor:** Add onion, garlic, spinach, and/or mushrooms.



## Citrus Cauliflower Porridge

1 serving  
15 minutes

### Ingredients

3/4 cup Cauliflower Rice  
21 grams Collagen Powder  
1 1/4 cups Lite Coconut Milk  
1 tbsp Maple Syrup  
3 tbsps Chia Seeds  
1/2 Blood Orange (sliced)  
2 tbsps Pomegranate Seeds

### Nutrition

Amount per serving	
Calories	546
Fat	30g
Carbs	47g
Fiber	16g
Sugar	26g
Protein	27g
Cholesterol	0mg
Sodium	141mg
Vitamin A	173IU
Vitamin C	43mg
Calcium	309mg
Iron	3mg

### Directions

- 1 Add the cauliflower, collagen powder, milk, and maple syrup to a small pot. Bring the pot to a light boil, and then reduce to a simmer for five to seven minutes.
- 2 Remove the pot from the heat and mix in the chia seeds. Serve the mixture in a bowl. Top with the blood orange and pomegranate seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Bee pollen, hemp seeds, chopped walnuts, blueberries, and/or yogurt.

**No Maple Syrup:** Use stevia, monk fruit sweetener, or honey and adjust accordingly.



## Bagel with Bacon & Eggs

1 serving  
15 minutes

### Ingredients

- 2 slices Bacon
- 1 Egg
- 1 tbsp Ghee
- 1 Bagel (plain, sliced in half, toasted)

### Nutrition

Amount per serving	
Calories	679
Fat	39g
Carbs	55g
Fiber	2g
Sugar	9g
Protein	25g
Cholesterol	253mg
Sodium	1005mg
Vitamin A	291IU
Vitamin C	0mg
Calcium	261mg
Iron	5mg

### Directions

- 1 Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about three to four minutes per side. Leave a small amount of bacon grease in the pan for cooking the egg(s). Transfer the bacon to a paper towel-lined plate and set aside.
- 2 Reduce the heat and add the egg(s). Cook until the whites are set and the yolk is cooked to your liking.
- 3 Evenly spread the ghee onto each side of the bagel. Plate the bagel, bacon, and egg. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is one bagel, two slices of bacon, and one egg.

**More Protein:** Add another egg.

**More Flavor:** Add cream cheese to the bagel.

**Additional Toppings:** Top the bagel with lettuce, tomato and/or cucumber.

**Gluten-Free:** Use a gluten-free bagel.