



Simple Breakky Sandwiches



prep time
15 minutes



total time
1 hr, 5 min



servings
6

Ingredients

- 6 English Muffins ~ 6 carb servings
- 6 Eggs ~ 6 protein, 2 fat servings
- 6 Slices Turkey Bacon ~ 2 protein, 1 fat serving
- 1 Tomato chopped ~ 1 veggie serving
- 1/3 Red Onion chopped
- 1 Handful Spinach chopped
- Sea Salt & Black Pepper to taste

Instructions

- 1 Preheat your oven to 400 F and place your bacon on a tin foil-lined baking sheet.
- 2 Once the oven has heated, place your baking sheet into the oven and bake for 15-17 minutes.
- 3 Then, while the bacon is cooking, prepare the eggs. Wash and chop your veggies- the tomatoes, spinach, and onion- and set aside in a small bowl.
- 4 In a separate bowl, whisk together your eggs, then toss the veggies in.
- 5 Using oil or butter, grease a casserole pan and pour the egg mixture inside.
- 6 Bake for 20-25 minutes, or until the eggs are fully cooked.
- 7 While your eggs are in the oven, prepare your English muffins by slicing them in half and toasting them, if desired.



- 8 Once your eggs are done, cut them to fit the English muffin (you can use a glass that is of similar diameter) and add them to the English muffins, alongside the bacon, and assemble your sandwiches.
- 9 Cover your sandwiches in parchment paper and place in the fridge for up to 5-6 days. You could also wrap them in foil, freeze, and store for up to three months. When you're ready to eat them, simply reheat and enjoy!

Whole Recipe Breakdown:
8 Servings Protein
6 Servings Carb
3 Serving Fat
1 Servings Veggies